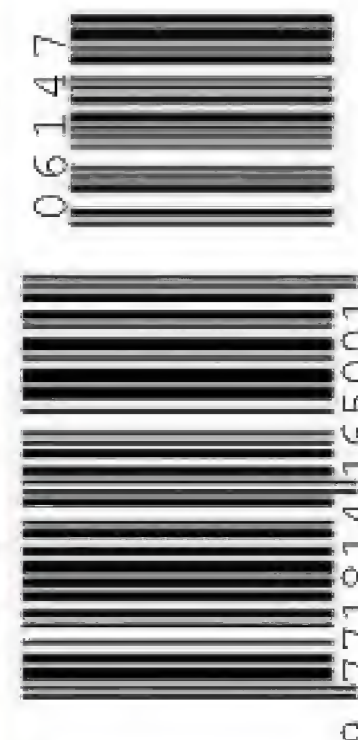


your practical guide to beautiful living

SA's  
**No.1**  
home and garden  
magazine



# home

June 2017

R37.90

Namibia N\$40,40

FOOD

**Meat on the bone**  
*Spicy chops, T-bone steak  
& gin chicken*

**WIN!**

Le Creuset hampers  
worth R50 000

RETRO REVIVAL

'70s home restored  
to its former glory  
*with furniture to match*

## Modern country living

GARDENS

**My secret sanctuary  
set in a forest**

**+ Pretty and practical  
paths: expert advice**

*Reader homes in  
the Overberg, Boland & Karoo*

DIY

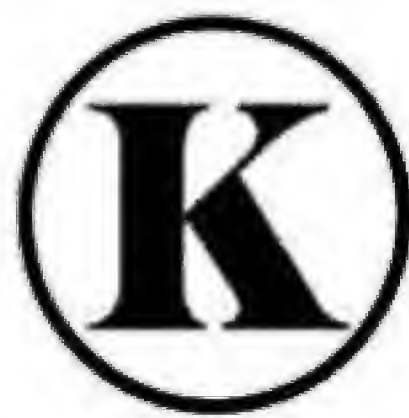
**1** Paint a  
'treetop' wall

**2** Sew a  
laundry bag

**3** Make a  
pegboard

**+ Gas, wood or  
electricity? Best ways  
to heat your home**





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Cover photograph Francois Oberholster • Styling Marian van Wyk

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# Hello

A few weeks ago, my godchild came to visit. She is 10 years old. On the dining room table lay a tasselled woollen blanket, still folded up in its plastic packet. She enquired: "What exactly is this?"

"A blanket," I explained. "But it's not an ordinary blanket, it's a throw."

I could tell by the confused look on her face that this 10-year-old had no idea what I was on about.

I ventured: "It's a décor item; you know, you throw it over your bed or you can sit under it if you like – but it's not a blanket *per se*."

Understanding dawned and she summed up the entire conversation in one sentence: "Oh. It's for show, to make things pretty" she declared.

In my house, "making things pretty" is sometimes wishful thinking. There are many things I'd love to do to beautify my home but a century-old house has its quirks, and quirks take no notice of "making things pretty". With the result that money has to be redirected to maintenance rather than décor. Because who in their right mind would buy a tasselled throw when the roof is leaking?

Last year, I had almost no work done on my house because I was tired of builders and painters and deliveries – and standing in the queue at the hardware store every Saturday. Besides, everything was under control; the roof wasn't leaking. A bit of decorating was definitely overdue.

But earlier this year, I drew up a list of all the small jobs that needed to be done before phase 2 of my home improvement project could begin: a bit of unfinished plasterwork behind the fridge in the kitchen; the old skylight in the bathroom; the French doors to the stoep, whose hinges no longer hold them straight so they rattle in the wind; and last, but by no means least, the old alarm, which works perfectly but has metres and metres of wires linking the sensors – wires that are visible throughout the house. A web of "not pretty" that the technician made even more unsightly when one of the sensors had to be replaced and, without batting an eyelid, he joined the wires with insulation tape. I now have a clump of ugliness in the corner above the back door.

Enough is enough, I decided. I'm keen to do some painting and paint will not hide those wires. The alarm people came; the quote nearly gave me a heart attack, but the man assured me that wireless was the way to go.

I decided to go for it but it was painful because it cost thousands and I would've preferred to spend my money on something more tangible like reupholstering the sofa or that four-poster bed I've wanted for so long. Or even installing beautiful tiles behind the fireplace!

But Whitey arrived to start painting the other day and there was no need for him to ask: "Wic, must I paint the wires?" Then I knew that it was money well spent "making things pretty".



# home

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Our latest venture, **Home Décor Basics**, is now available at stores countrywide. This guide is a special project compiled by the *Home* team and aimed at first-time homeowners, young couples, even students – people who are starting out and need to get down to the fundamentals of home décor. It's a true beginner's guide with loads of inspiration and expert advice that will make moving into your first home a fun, creative experience.



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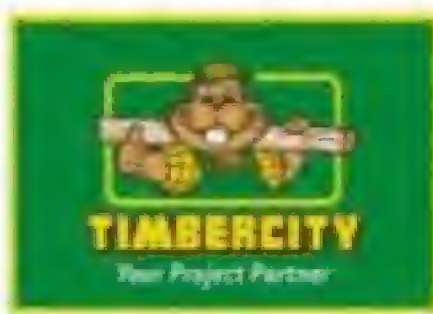
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# home FIX IT WITH FLAIR



## {2016 winners}



Andrew and Victoria Zekveld,  
Pietermaritzburg

## {Runners-up}



Stanley Cornelius and Candice  
Theunissen, Wolseley

## {Runners-up}



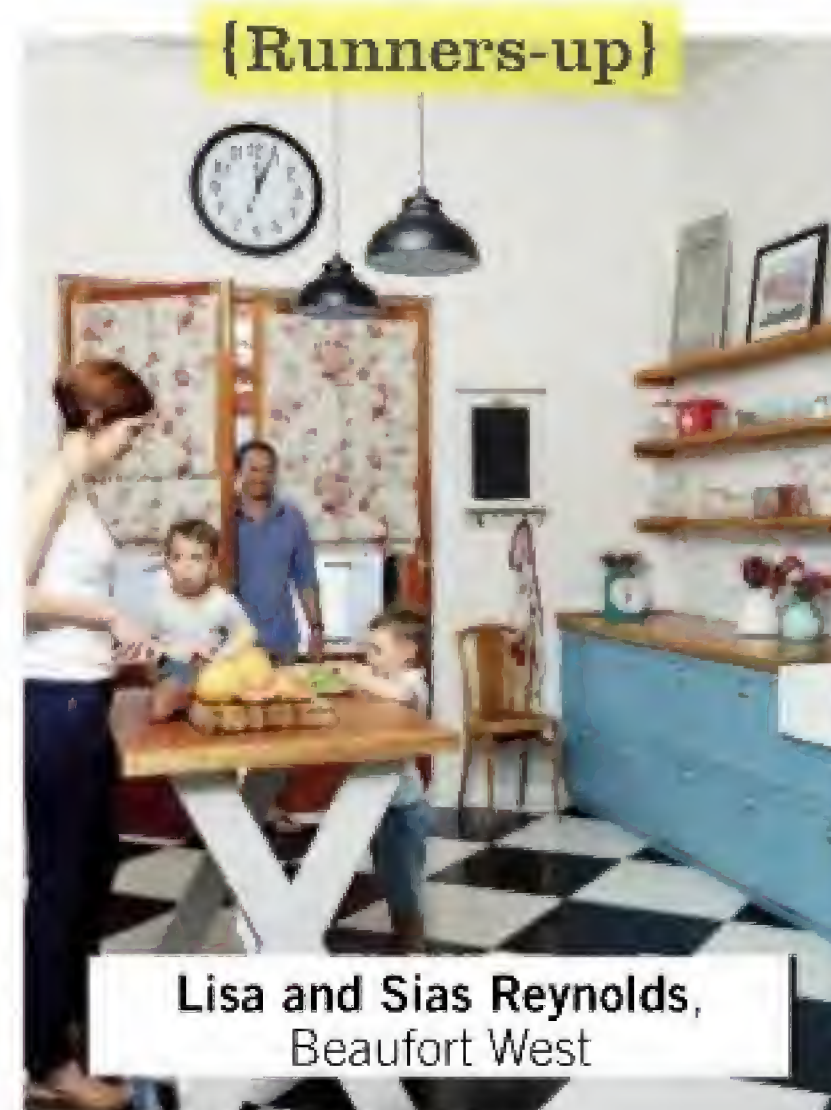
Dewald and Erika van Zyl,  
Prince Albert

## {Runners-up}



Mark and Cheryl Kelman,  
Pietermaritzburg

## {Runners-up}



Lisa and Sias Reynolds,  
Beaufort West

# ENTER NOW FOR 2017 – it's your last chance

**I**f you have a passion for renovation or you're looking for an opportunity to flex your DIY muscles, our 2017 *Fix it with Flair* competition is the perfect platform! Simply send us pics of your project and you could take home your share of R73 000 worth of fantastic vouchers.

For the 9<sup>th</sup> year running, our annual *Fix it with Flair* competition is set to showcase South Africa's most innovative homemakers – those who aren't afraid of getting their hands dirty and love to save a bit of cash in the process!

And remember: you can enter anything from a complete home makeover to a single-room project.

## HOW TO ENTER

Visit [fixit.tuis.co.za](http://fixit.tuis.co.za) and enter online; the new and improved microsite makes it even easier to share your project with us. If you have any queries, email [roxanne.cloete@media24.com](mailto:roxanne.cloete@media24.com) or call 021 408 3815. *Please remember to upload high-resolution images (at least 2MB).*

**ENTRIES CLOSE** 30 June 2017

**IMPORTANT** Remember the following:

- You need to briefly explain what your project entailed and submit a budget breakdown.
- All projects entered should have been completed within the past three years and **at least 50% of the work must have been done by the homeowner** – this is a competition for people who don't mind getting their hands dirty!

The competition is sponsored by BUCO (formerly Pennypinchers) and Timbercity. The **winners will receive a R35 000 voucher** and there are plenty of other vouchers up for grabs for entries that make it into the Top 10 and Top 5.

*You could  
be our next  
winner!*



# your space

Write to us at Home, Readers' Letters, PO Box 1802, Cape Town 8000; email [editor@homemag.co.za](mailto:editor@homemag.co.za), fax 021 408 3046, and join our Facebook group ([facebook.com/homemag](https://facebook.com/homemag)) or follow us on Instagram @TuisHomeMag.

## WINNING LETTER *Work and play*

*Kirsten Thompson of Pretoria writes*  
When we moved into our dream home four years ago, my husband built a huge tree house for our girls. Sadly, it was too dark and damp and, worst of all, spider-filled! Needless to say, it wasn't their favourite

play area. And, because of the deep shade and foot traffic, I couldn't get a single plant to grow around the tree house, leaving it dull and bare.

My never-say-die husband decided on a fresh tack: we hired someone to pull down the tree house and build a raised flowerbed. Then he built a deck and slide. We still had to deal with the muddy mess underneath but were due to leave for our December holiday; it would have to wait.

Fortunately, our rented cottage had a stack of old *Home* magazines which we pored over for inspiration. We arrived back motivated and promptly ordered some gravel. With the help of friends, it took us a Saturday to cover the area and plant up the flowerbed. The beautiful new play area is now used every day.



## *The perfect gift*

*Annie Hsu-Sheasby of Cullinan writes*  
My husband Ian farms vegetables outside Pretoria and twice a week we deliver his produce to Pick n Pay and buy a copy of *Farmer's Weekly*.

Last November, I bought my first copy of *Home* as a birthday gift to myself; we both fell in love with your magazine, so we also bought the December issue for festive inspiration. On the 17<sup>th</sup> of January, *Home* was my birthday present to Ian. On the 14<sup>th</sup> of February, *Home* was his Valentine's Day gift. Ian enjoys your magazine so much – every few days he asks if I've bought the next issue yet. He says that after reading it, he feels so relaxed that it's like being on holiday. We both wish you could increase your number of issues to four a month – *Home Weekly* – to ease our cravings! *Home* really is the perfect gift for anyone on any occasion. Thank you for such a delightful magazine!



## *We've got it all!* *Lourie Laatz of Hekpoort Valley writes*



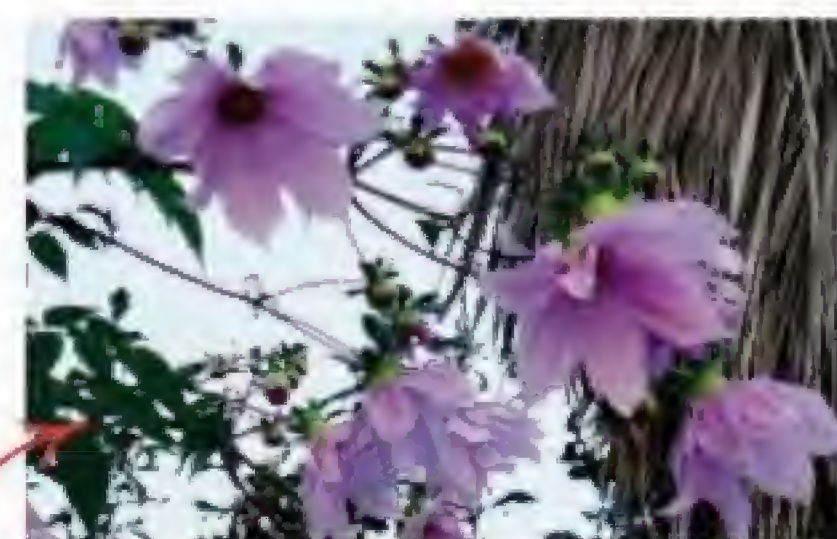
I'm so passionate about our unique home on the banks of the Magalies River. I buy interesting objects and furniture at auctions, refurbish them and give them a new lease on life. Horses, peacocks and dogs also share our beautiful surroundings. Bliss!

## IN SHORT



Please tell Suzelle not to get rid of her beautiful leather sofa (featured on page 20 in your March 2017 issue). Instead, just screw on new stainless steel or wooden legs. It will make a huge difference and reduce the bulkiness of the sofa. As pensioners, we did this to gain height as I had difficulty getting up from my chair. It's easier to clean underneath and looks like a whole new suite.

– Nelly Billington, Benoni



Some 60 years ago, my dad planted a tree dahlia in our garden in Brixton. Years later, he gave me a cutting for my new home; I've since shared cuttings with many friends and family members. Each year when my tree flower, I feel as though my father is visiting my garden. (If anyone knows where I can get cuttings of a white tree dahlia, I'd love to know!) – Ethel Sleith, Witfield

**WIN!** The writer of the winning letter receives a Samsung Virus Doctor worth R1 799!



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proven its superior effectiveness, so now you can feel perfectly safe about those tiny invisible enemies in the air.

• Go to [www.samsung.com](http://www.samsung.com) for details.

The editor reserves the right to edit letters at his discretion.



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# diary

## ON THE BOX

Architect George Clarke returns for a brand new series of *Restoration Man* (Season 4 starts June 5 on the Home Channel, 176 on DSTv). He travels the length and breadth of the UK, helping people from all walks of life to transform Britain's neglected historic buildings into stunning and unique homes. Don't miss it!



## Port Elizabeth Homemakers Expo 2017



### 22–25 June: The Boardwalk Exhibition Centre

You'll find all the inspiration you could possibly need to show your home some love. Also sample a wide selection of meals, local wines and craft beer at the food market! Tickets cost R40 for adults, R20 for pensioners, and under-12s enter free; visit [homemakersonline.co.za](http://homemakersonline.co.za).

## Good Food & Wine Show

### 2–4 June: CTICC, Cape Town

All the latest trends will be dished up at this year's event and foodies will have the opportunity to savour the best of SA cuisine and interact with an exciting line-up of personalities, including SA's first Michelin-starred chef, Jan Hendrik van der Westhuizen. Wine-tastings will also be on offer; go to [goodfoodandwineshow.co.za](http://goodfoodandwineshow.co.za).



*Psst!* The GF&WS is in Jo'burg next month!

**The Rooi Fijnwyn  
Wine and Food Festival**  
at the Shokran Events venue  
in Pretoria East on **16 & 17  
June** promises fun for the  
whole family. Get tickets from  
[itickets.co.za](http://itickets.co.za) or pre-book  
your picnic online at  
[fijnwyn.co.za](http://fijnwyn.co.za).



## Potters Market and Ceramic Exhibitions

**3 June: Rust-en-Vrede Gallery, Durbanville** Join ceramicist Hennie Meyer for a walkabout at the ceramics market or view a display of his work at the Rust-en-Vrede Gallery. Other events include exhibitions by Marieke Prinsloo and Strijdom van der Merwe as well as clay demonstrations. Entry is free; go to [rust-en-vrede.com](http://rust-en-vrede.com).



Compiled by Shané Barnard

Send diary entries to [diary@homemag.co.za](mailto:diary@homemag.co.za) at least three months before the event.

## JUNE FLASHES

**1–3:** Enjoy all the best local and international whiskies at the Whisky Live Celebration at Gateway Theatre of Shopping in **Durban**; get tickets for R170 (including a tasting glass and vouchers) at [ticketpros.co.za](http://ticketpros.co.za).

**9–19:** The **Hermanus Fyn Arts Festival** includes exhibitions, concerts, gourmet dinners, talks, workshops, classic movies, chef demos and tutored wine-tastings; go to [hermanusfynarts.co.za](http://hermanusfynarts.co.za).



**10–29:** Artspace **Durban** at 3 Millar Road is hosting a solo exhibition by Terence King titled 'Signs of Usage'. Go to [artspace-durban.com](http://artspace-durban.com).

### 12: *July issue of Home on sale!*

**13–18:** Check out Sustainability Week at the CSIR International Convention Centre in **Pretoria**. One of the highlights is The Green Home Fair at Menlyn Maine; go to [sustainabilityweek.co.za](http://sustainabilityweek.co.za).

**15:** Slay the winter blues at the 2017 Taste the Helderberg showcase and celebrate the talents and tastes unique to this region at the NH Lord Charles Hotel in **Somerset West** from

17:00 – 21:00. Tickets cost R100; call 021 886 8275 or go to [wineroute.co.za](http://wineroute.co.za).

### 16: *Youth Day*

**16–18:** This year, the **Calitzdorp Winter Festival** theme is "Karoo Krismis" – expect a Krismis dinner and cabaret, live music, a dart-throwing marathon and the Calitzdorp MTB Classic. Go to [calitzdorpwinterfestival.co.za](http://calitzdorpwinterfestival.co.za) for details.

### 18: *Happy Father's Day!*

**30 June – 2 July:** The fifth annual Platteland Preview boutique festival in **Smithfield** offers a stop-off en route to Grahamstown and showcases, among others, shows destined for the National Arts Festival. There's something for everyone! Visit [plattelandpreview.co.za](http://plattelandpreview.co.za).

**30 June – 8 July:** Shop for handmade gifts, toys, décor, food and fashion from 200 exhibitors at the NG Moreleta Park congregation's Crafters Fair Winter Market in **Pretoria East**; call 083 417 5000. 🏠







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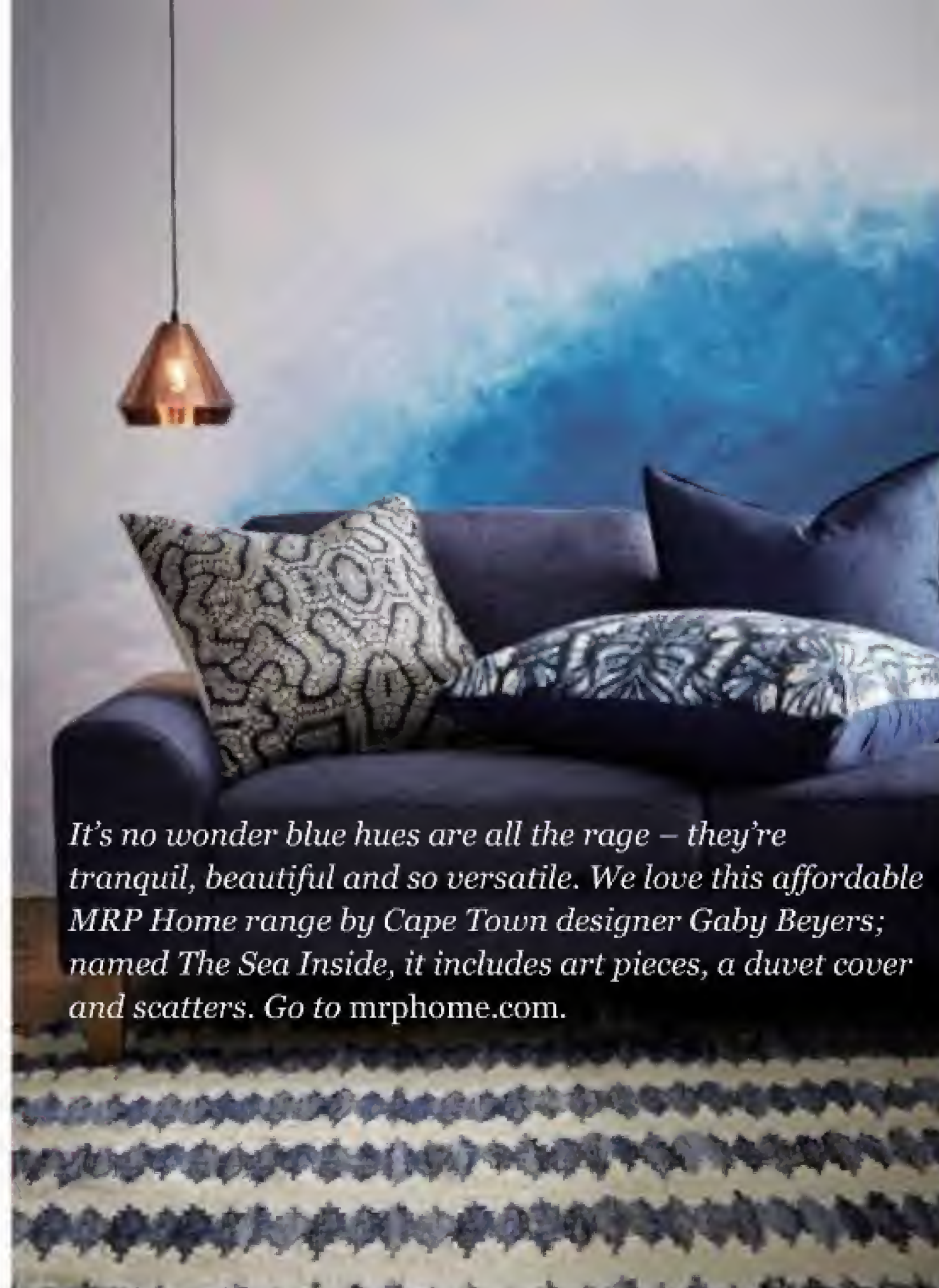


# what's new

Compiled by Kim Arendse

## HOT PRODUCTS

If geometrics do it for you, these metal pendants from K. Light are right up your street. The eye-catching fittings (R1 670 each) are available in black and white, both with a striking gold inner shade. Take a look at [klight.co.za](http://klight.co.za) – then buy them from lighting retailers nationwide.



*It's no wonder blue hues are all the rage – they're tranquil, beautiful and so versatile. We love this affordable MRP Home range by Cape Town designer Gaby Beyers; named The Sea Inside, it includes art pieces, a duvet cover and scatters. Go to [mrphome.com](http://mrphome.com).*

## Must have!

If you're crazy about pastels, you'll be smitten with the latest Candy Love collection from Urchin Art with its range of mugs, jugs, trays, plates and vases in pink, grey and turquoise. "My motto is 'surround yourself with beauty' and that constantly inspires what I design," says Urchin Art owner and designer Michelle Kunze. Check out [urchinart.co.za](http://urchinart.co.za).



## WATCH THIS SPACE!

**BUSINESS** Olly Polly  
**WHO** Genevieve Motley  
**WHERE** Amanzimtoti, KwaZulu-Natal

**HER WORK** Genevieve is a qualified jewellery designer and manufacturer who worked in the jewellery industry for 10 years before pursuing her passion for interior and furniture design. Genevieve's latest project, children's décor brand Olly Polly, came about after she struggled to find the items she wanted for her daughter Olive's room. "We're all about creating fresh, modern

havens for the little ones in your life. Our Scandi-inspired range of kids' décor and accessories is cute, comfy and perfect for the mini minimalist!" she says. Check out [ollypolly.co.za](http://ollypolly.co.za).







### Top shop

Abode at The Old Biscuit Mill in Woodstock, Cape Town is run by owner Michelle Petrie who stocks her own designs alongside those of other local artists. "The store has the best vibe and I constantly get to meet people from all over the world," she says. Abode's quirky, colourful and practical décor items attract everyone who walks by and Michelle also takes orders nationwide. Go to [facebook.com/abodewoodstock](https://facebook.com/abodewoodstock).



### LOCAL IS LEKKER

Discover your inner child while creating a striking talking point with these washable Colour Me Scatters – you buy a cushion with just a design outline then colour it in yourself (R200, including a six-pack of fabric markers)! Check out [jislaaikshop.co.za](https://jislaaikshop.co.za).



### FINE FABRICS

Bring the outdoors in with this Delicious Monster Olive fabric runner (1.8m x 40cm; R350). The large leafy detail is bang on trend and will add vibrancy to any table setting. Go to [alovesupreme.co.za](https://alovesupreme.co.za) to view the range and other nature-inspired prints.



We like the look of these handles from Handles Inc. The hinges (R300 per pair) are solid brass and the handles and knobs (R50 – R150) are made from Zamak alloy – perfect for adding a touch of vintage grandeur to your kitchen! Go to [handlesinc.co.za](https://handlesinc.co.za).





# Peg it!

No longer relegated to a musty garage, a pegboard offers a stylish storage and display solution.



By Johané Neilson and Amanda van Wyngaardt  
Photographs Francois Oberholster,  
Frank Features and ER Lombard

## For a change...

This metal pegboard, used as a nifty storage unit above a changing table, is an idea *Home's* pregnant food editor, Johané Neilson, saw on 100layercakelet.com. "I loved the idea and immediately started shopping for the components I needed to get the look." Her husband Allister found the sturdy metal board at Shelco Shelving along with various hooks that can be moved around to accommodate the homemade mobile and other bits and bobs. The colourful plastic baskets and light-up letters are attached with cable ties, ready for when baby Zac arrives. In the picture above, Zac's two-month-old cousin Dirk tested the rubber changing mat for size.

Wall clock from MRP Home; plastic baskets from Mambo's Plastics Warehouse





## Nailed it!

Brandon de Kock set up this pretty pink pegboard for his foodie partner Nikki Werner so she can organise her kitchen utensils – it works like a charm and it looks good too! Hardboard pegboards are inexpensive and can be painted in any colour you like; take a look at your local hardware store. >>

## More inspiration

Check out DIY Deon's dowel pegboard on [page 70](#).





Pink chair from @home; clock and white wire rack from superbalist.com; wooden picture blocks from photoblox.co.za; Ikea desk from nevadafurniture.co.za

## Neat 'n tidy

As part of a challenge set by Decorland in 2015, décor and lifestyle blogger Karen Kelly of lovilee.co.za revamped her home office. She decided on a fresh, monochromatic palette and a minimalist Scandi style. In her previous home, Karen had to make do with a tiny workspace and a notice board on which to hang all her office essentials. The board was such a success that she decided to copy this idea for her new larger office. Here, a Masonite pegboard from Timbercity was painted black and now forms a strong focal point above her desk – and keeps the space spick and span! 🏠

**STOCKISTS** @home 0860 576 576, home.co.za **MRP Home** 0800 212 535, mrphome.com  
**Mambo's Plastics Warehouse** 021 911 5555, mambosplastics.co.za **Shelco Shelving** 021 934 6090, shelco.co.za **Timbercity** 021 927 5000, timbercity.co.za





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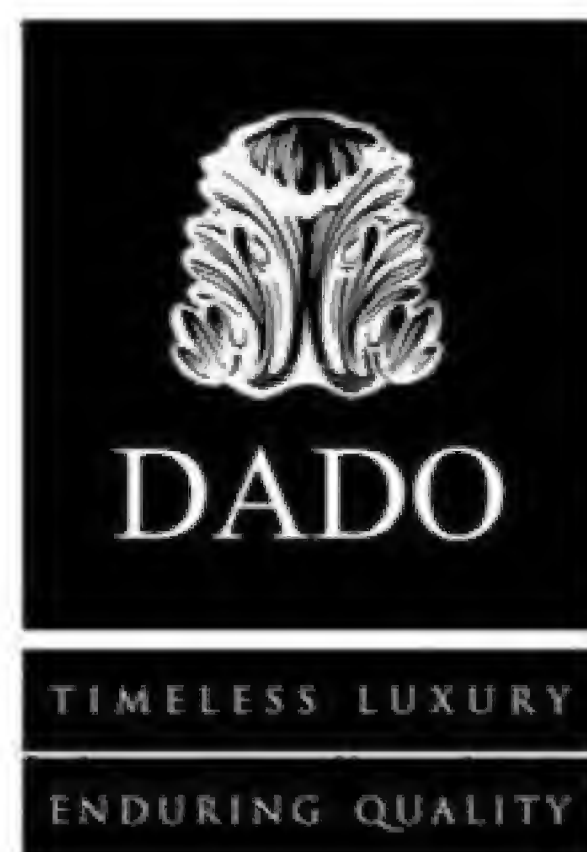
IMPORTED

BY DADO

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>

JEE-O SOHO 01 Shower  
Hammercoat Black





shopping

# Work it!

Let your décor do the talking with these dynamic industrial-style must-haves.

By Kim Arendse

See ya!

Mango wood mirror (60cm) R599.99, MRP Home

## Off the wall

Caged pipe wall light R1 764, K. Light

## Hooked on you

Black steel wall hooks (16cm tall) R198, studio19.co

## Display away

Echo bookcase (70 x 209cm) R769, Decofurn

**Make a change** Rustic brick wallpaper (53cm x 10m) R499.95, wallpaperinn.co.za

## In good nick

Ilia nickel-top side table (490cm W x 680cm H) R1 895, Block & Chisel

## Drink up!

Hatfield glass R85, Woolworths

**Fake it!** Faux sheepskin hide (50 x 90cm) R399, @home

## Metallic magic

Desk lamp (42cm tall) R750, Woolworths

## Play nice

Puppet bunny (36cm tall) R179.99, MRP Home

## Cotton comfort

Knitted throw (150 x 125cm) R795, Weylandts

## Hardcore

Gunmetal pedestal R3 499, @home





**Dark art** Matte porcelain floor tiles (150 x 1 200mm) R859/m<sup>2</sup>, Italtile

**From above**

Monaghan  
pendant R999.95,  
The Lighting  
Warehouse



**Perfect  
proportions**

Arctic dining  
table (180 x  
90cm) R2 999,  
Decofurn



**A way with wood** Wood print cork  
placemats R160 (set of 4), Woolworths

**The new  
black**

Stoneware dinner  
plate (26cm D)  
R49.99, MRP Home



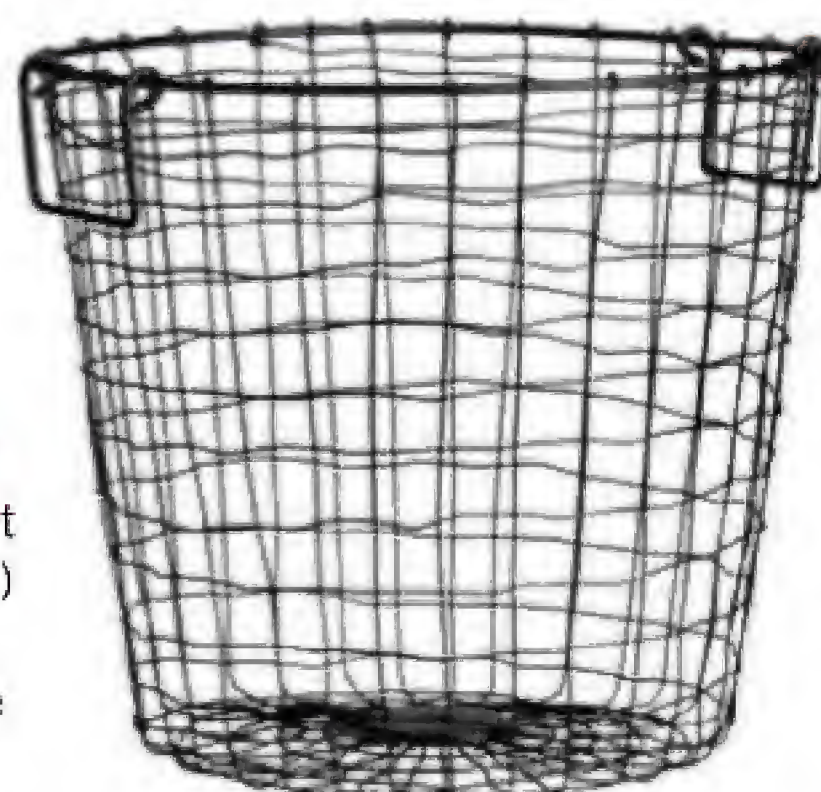
**Live  
lightly**

Galvanised  
recycle bin  
(50L)  
R459.99,  
MRP Home



**Wired**

Metal basket  
(25 x 28cm)  
R229,  
H&M Home



**Love the  
leather**

Kitchen stool  
R1 399, @home



**Take it easy** Bronx couch R4 500, MRP Home





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### Who lives here?

Gert and Martie Koegelenberg  
and their kids, Annieke (20)  
and Gerrit (12)

**WHERE** Caledon

**SIZE** 550m<sup>2</sup>

The Koegelenbergs widened the front stoep by about a metre to make sure there was enough space for the entire family; they also installed a new roof. "I wanted something dramatic and Victorian, hence the black-and-white floor tiles," says Martie. She discovered the wicker lampshades in her mother's attic and painted them white. The wrought-iron chairs were a lucky find, while the wooden chairs were made locally from old pallets.

Pillars, cappings and pedestals from Ital Cement;  
floor tiles from Tiletopia





# HOME at last

By Marian van Wyk  
Photographs Francois Oberholster

After seven long years spent searching for just the right spot in the countryside, the Koegelenbergs have created their own platteland paradise.

This cupboard belonged to Gert's grandfather, Gert Andries Aggenbach, who used it to store his tools; he made it from old paraffin crates. The mirror was bought in Hout Bay many years ago.





**“We love everything about our home and if we go away for any length of time, we long to come back.”**

Martie Koegelenberg sings the praises of her family's charming home in the Overberg, but the house today is a far cry from the smallholding they saw for the first time in 2007. The property had been sorely neglected and the asking price was way more than they could afford – they didn't even venture through the gate.

Back then, the Koegelenbergs lived in Hout Bay. “We'd promised our daughter Annieke that she could get a horse when she was 12 years old and we were running out of time,” says Martie, a DA councillor in Caledon. “We searched for the right place in the countryside for seven years – every weekend, we would go village hopping!”

Gert, an electrical contractor, recalls: “I took a map and used a compass to draw circles with a radius of 50km and 200km from Cape Town in an attempt to find the ideal town.”

Caledon, however, wasn't on the list – although it's only 112km from Cape Town. But then an agent called them a year later to tell them about a 1.1ha smallholding that had been on the market for three years – the same property where they'd made a hasty U-turn at the gate! “It was badly neglected and the stoep was dilapidated. There were no outbuildings to speak of except for a semi-repaired barn and we had to walk through the empty house four times before we could make sense of all the rooms.”

Nevertheless, the place stole Martie's heart – and very quickly too. “I remember sitting down in the middle of the living room floor, trying to regain my composure. The asking price was a lot more than we could afford. We'd also just finished renovating our house in Hout Bay. The whole way back home, Gert and I said not one word to each other!”

But they put in an offer that Martie describes as “ridiculously low” and the ball just started rolling! Within two weeks, their offer had been accepted and their Hout Bay home was sold on its first show day. “Today, 10 years later, our lives have gone in a very different direction,” says Gert. During their first three years in Caledon, Gert still ran his electrical company from Hout Bay but today all his work is done in the Overberg, and Martie works full-time as a councillor.

“That's why we named the house *Genade*, which means grace,” explains Martie. These days, our home is a haven for family and friends; the moment our city visitors put down their suitcases, we fill up their wine glasses and they breathe a sigh of relief. Then Gert and I know it was meant to be that our home is filled with music and laughter.” >>

**The original front door (right) with its brass fittings welcomes visitors to the Koegelenbergs' home. Unfortunately, the original stained-glass windows were damaged so Martie asked Rudi Gort of Hero Stained Glass to make new ones that complement the architecture of the house.**

The dining room wall is adorned with an antique chair upon which rests a portrait of Martie's ancestors from six generations back as well as a doll that her mother, Annatjie Kennedy, made when she was eight years old. The couple found the stool in Komaggas in Namaqualand.







On cold winter days, a fire is lit in the early morning. Martie's penchant for velvet and a touch of bling is evident in the cosy lounge. The artworks above the fireplace are prints of photographs Annatjie took on their Bushmanland family farm, Kweekfontein.

Wall painted in Dulux Grey Steel 1; botanical print cushion (on the right) from Constantia Fabrics





Almost every item in the dining room has been upcycled. The pigeonhole cupboards come from a local hotel and now serve as display shelves for a collection of teacups, the mantelpiece is adorned with greenery from the garden displayed in an old Aga water heater, and the chimneybreast has been coated with a mixture of leftover paint. "I have no idea what we used but after the third attempt we were happy," says Martie.

*We love...* the table that Gert put together 15 years ago. He cleaned up the wooden legs of an old restaurant table – they had turned black from a build-up of grime – and made the new top from oak.



The kitchen is the family's favourite space. In winter, they cook food on the hearth every day. "Fortunately, 16 people can fit comfortably around the long work table," says Martie. Then the fire is kept going until the wee hours – the perfect way to get rid of invasive plants on the property. An authentic vintage ship's lantern and a painting by Lindy Aronowitz hang above the hearth. >>

Wall painted in Dulux Night Jewels 2

Every member of this family loves cooking and Gert and I are fanatical foodies – our table literally groans with all the dishes we make.

– Martie







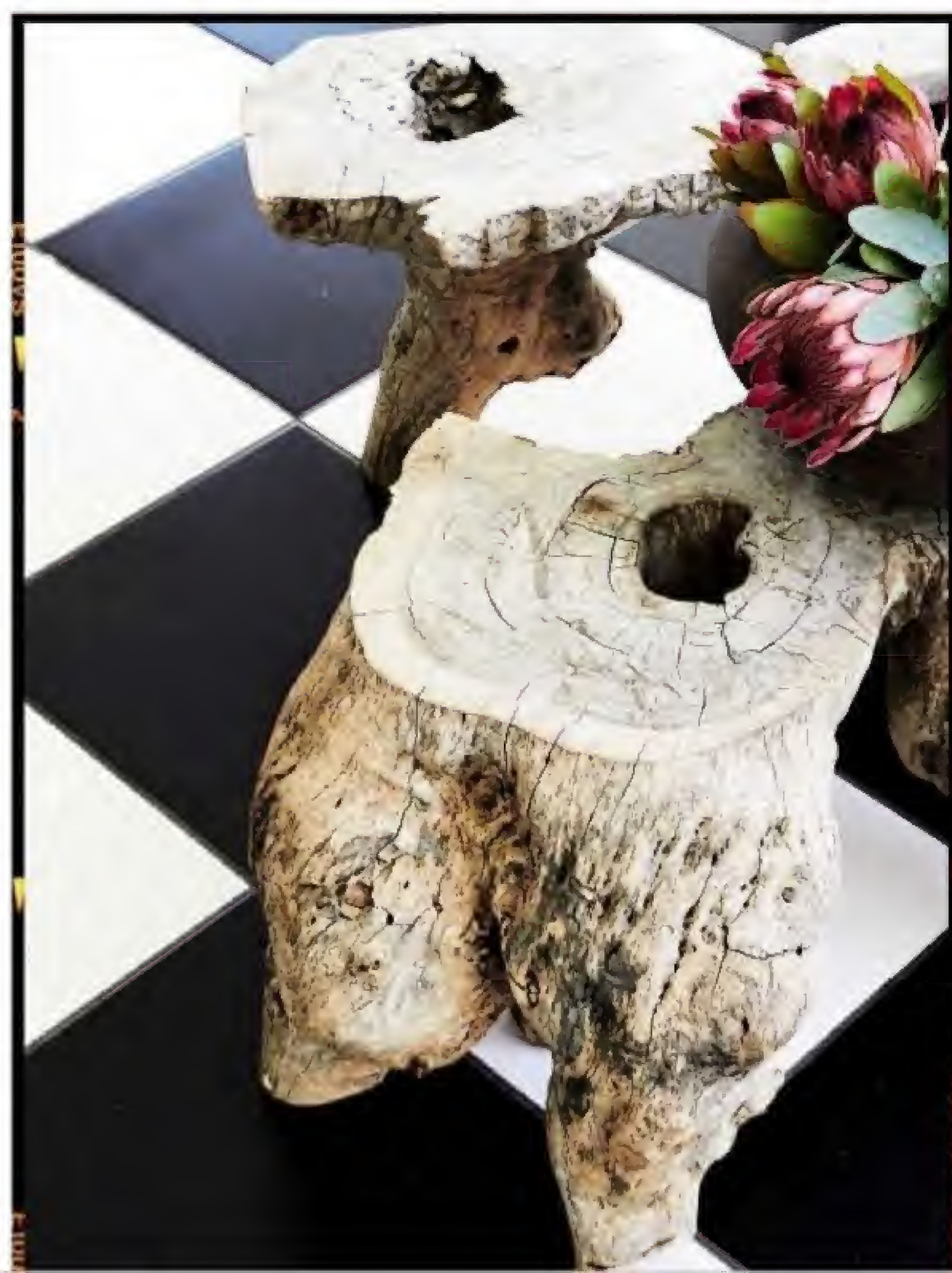
Heirlooms and family treasures are displayed on the kitchen wall; the steenbok-hide sling bag belonged to grandpa Gert Andries Aggenbach.



The wine Gert makes from his own vineyard is aged in barrels in the dining room. The big blue Delft meat platter at the top of the wall dates from the Anglo-Boer War. "My family hid it from the British soldiers in an anthill," says Martie.



Gert and Martie inlaid porcelain chips they picked up on the rubbish heap on their smallholding in front of the fireplace in Gert's study. >>








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## Décor, dreams and the good life

"The furniture from our previous home just got lost in this big house," says Martie with a laugh. "But I have managed to fill the space over time. It's important not to become overwhelmed by the style of the house. I've never used a designer for anything; I decorate with my emotions."

"The house decides for itself what fits and what doesn't. Sometimes, if something doesn't look right where I've placed it, I bide my time because I know the house will eventually reveal the right spot to me – whether it's an old gramophone or a tree stump. There's always room for heirlooms and family treasures."

"I love natural materials such as wood, copper and glass but a touch of bling, velvet and silk is always welcome. My favourite colour is grey; I'm petrified it will go out of fashion! And I love botanical motifs and proteas."

Martie dreams of having an indigenous fynbos garden but in the meanwhile they've planted trees. "We have planted more than 30 indigenous trees. It's a tradition carried over from the previous owners."

During the week, the Koegelenbergs live a busy life, which makes them value their weekends at home all the more. "The best is getting together for a meal or lazing about in the sun or in front of the fireplace," says Martie. >>

**Gerrit's bedroom is furnished with two single beds which Gert made from old headboards and foot ends; he created the base from steel he recycled from old chicken coops.**

Walls painted in Dulux Steel Symphony 2 and Rum Caramel 4





The guest bedroom on the ground floor is always ready for out-of-town guests.



Cushions from  
Constantia Fabrics

An old tablecloth serves as a curtain in the guest bedroom's en-suite bathroom – this space was previously a hallway off the kitchen. The Koegelenbergs converted this room into a bathroom and installed a small fibreglass bath that complements the old-world architecture.



Annieke, a student at NMMU in Port Elizabeth, sleeps on a Victorian hospital bed when she comes home over weekends and during the holidays.

This bedroom and main bedroom (right) painted in Dulux Night Jewels 5



The main bedroom is light and sunny with a fantastic view of the garden.

Cushions from Biggie Best







The family's pet pig, Jessica, was extremely grumpy when we disturbed her morning nap with our camera. "Shortly after we adopted her, we considered putting her on a diet but the next minute there were eight piglets," says Martie.



## [ A SHARED HISTORY ]

The house dates from the 19th century. "All we could trace about its history was a deed from 1894 in the Cape archives," says Martie.

Apart from cleaning, clearing and construction work on the stoep, no major structural changes were necessary. "The area around the house required the most work," says Martie.

"The garden was a labour of love that I took on with the help of our gardener, Lewis Mtutsi. Gert planted the vineyards and every year we have to compete with the chickens and birds to harvest enough grapes so Gert can make wine."

The stoep was restored in 2014. "My brother, Hannes Botes, gave us a six-week deadline because he wanted to get married here. Fortunately, the foundation of the original stoep was still intact. We got stuck in and did the work ourselves; the Overberg has no shortage of skilled artisans."

Martie says a home that's more than 150 years old requires constant maintenance. "We love this house and we're very sensitive to its historical value, but your work is never done. Window frames have to be maintained; everything from doorknobs to floorboards needs to be repaired; water pipes get blocked; and moisture from above and below must be kept in check all the time.

"But grace should be shared. This place doesn't just belong to us; it's part of Caledon and the Overberg. I don't think one ever really owns an old building like this. When I think of all the families who have lived here over the years – some for 20 or 30 years – I realise, despite what it says on the title deed, we're just guests in this stately old home and we have a tremendous responsibility to preserve it." 🏡



The 5kW three-phase electricity generated by 16 solar panels on the roof meets the family's basic needs; when it's inadequate, the system switches over to municipal power. Any electricity they don't use is sold back to the municipality.



The front walls of this home are covered by a rampant Virginia creeper (*Parthenocissus quinquefolia*). "I should probably trim it but I just don't have the heart," says Katie. "I love the wild rambling feel of it."



The sunroom serves as a pause area between the open-plan kitchen and veranda.

**Who lives here?**

Katie Farringer and Jan Schliemann with their kids Alexander (15), Sebastian (14), Josephine (8) and Jackson (7)

**WHERE** Stellenbosch

# THE artist's way

Confident in her use of colour and pattern – and inspired by years of travel – a full-time painter has created an eclectic home in the Winelands.

By Marian van Wyk and Kim Arendse • Photographs Henrique Wilding • Styling Marian van Wyk • Décor assistant Suné Esterhuizen



Tucked away in a secluded spot on the Helshoogte Pass just outside Stellenbosch is Katie Farringer and Jan Schliemann's home – a sprawling, tranquil haven the couple bought together 15 years ago.

It might not be far from the city, but here on the slopes of the Stellenbosch mountains the family can truly relax and enjoy those cherished moments of respite.

Katie, originally from the US, is a seasoned traveller, having experienced many of the world's major cities with her parents before she and her family settled in South Africa when she was a teenager. Her love of exotic places and their vivid colours and textures is evident throughout her own home. As a full-time painter, the family's travels have greatly influenced not only her work but also the eclectic décor style in every room, each reflecting a different era or destination.

"I'm passionate about colour and I love items that are a bit quirky; different styles – from retro '70s to Victorian and Asian – all appeal to me. The end result is sometimes a riot of colour and designs, but it's 100% me.

"My home is continually evolving. I'm always moving things around and changing wall colours; at the moment I'm into deep, rich teal and dusty pink."

One of Katie's favourite pastimes when she's taking a break from painting is browsing for second-hand furniture she can restore. You'll find many bright and beautiful pieces in her home, interspersed with antique heirlooms and only a few new finds.

Confident in her use of colour and pattern, Katie doesn't hesitate to combine floral designs with more traditional stripes and other motifs. Her combinations are often unusual, but the end result is a testament to her unique creative flair.

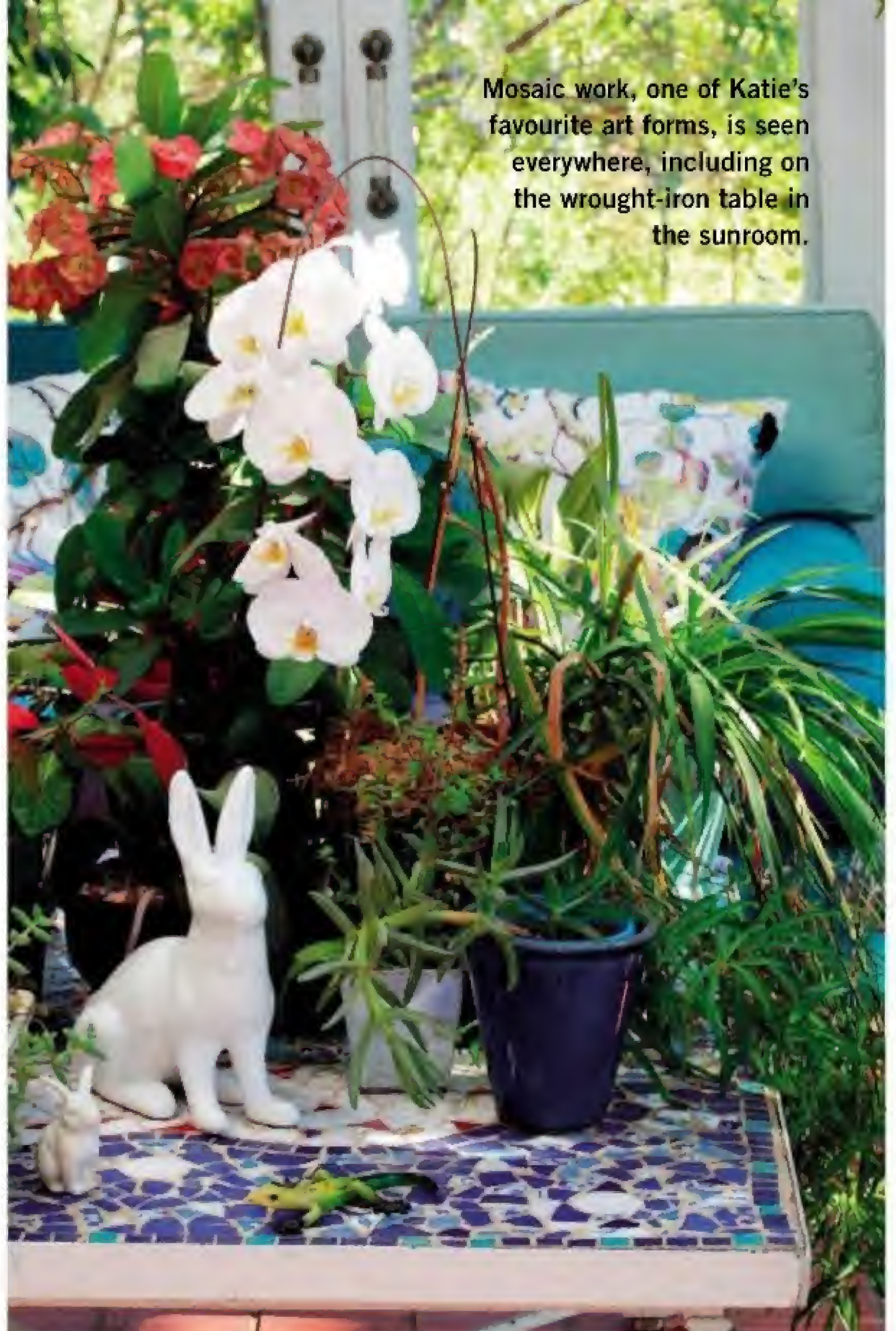
### *Indoor-outdoor living*

There's an easy flow between the kitchen and living areas that continues out onto the veranda overlooking a romantic, overgrown garden. Reminiscent of the English countryside, the garden is lush with plenty of pink roses that complement the palette in the living areas.

"I wanted to bring the outdoors inside and create the feeling of the living areas being outside," says Katie. Hence plenty of double windows and doors, skylights, a gorgeous sunroom and easy access to the verdant garden.

Various owners have added rooms onto the farmhouse over the years, resulting in a few awkward spaces. But rather than attempting to incorporate them into larger rooms, Katie gave each of them a creative treatment – whether it's a collection of plates on the wall or a display of vintage mirrors and other eye-catching pieces. "It's important to have lots of little nooks and crannies as surprise elements or chill areas," she says. >>

Mosaic work, one of Katie's favourite art forms, is seen everywhere, including on the wrought-iron table in the sunroom.



The veranda gets plenty of morning sun but the Virginia creeper keeps the area cool, making it the perfect spot for relaxing or sharing a meal.



*We love...* the contrast between the brightly painted wooden furniture and ornate wrought-iron dining chairs.





Katie and Jan added this sunroom onto their home. "It's one of my favourite spaces," says Katie. "It's warm and happy and I adore flowers so I have a variety of orchids as well as other flowering plants displayed on the table. We enjoy sitting here with a cup of tea."

Katie designed the metal shutters separating the dining room (the hub of the home, she says) and the sunroom. "I just couldn't get my head around regular burglar bars – they make me feel like I'm living in a prison. I love these ones because they're beautiful and functional," she says. Tilt Architectural Feature Screens makes similar shutters to order or take a design of your choice to a laser- or CNC cutting specialist in your area.



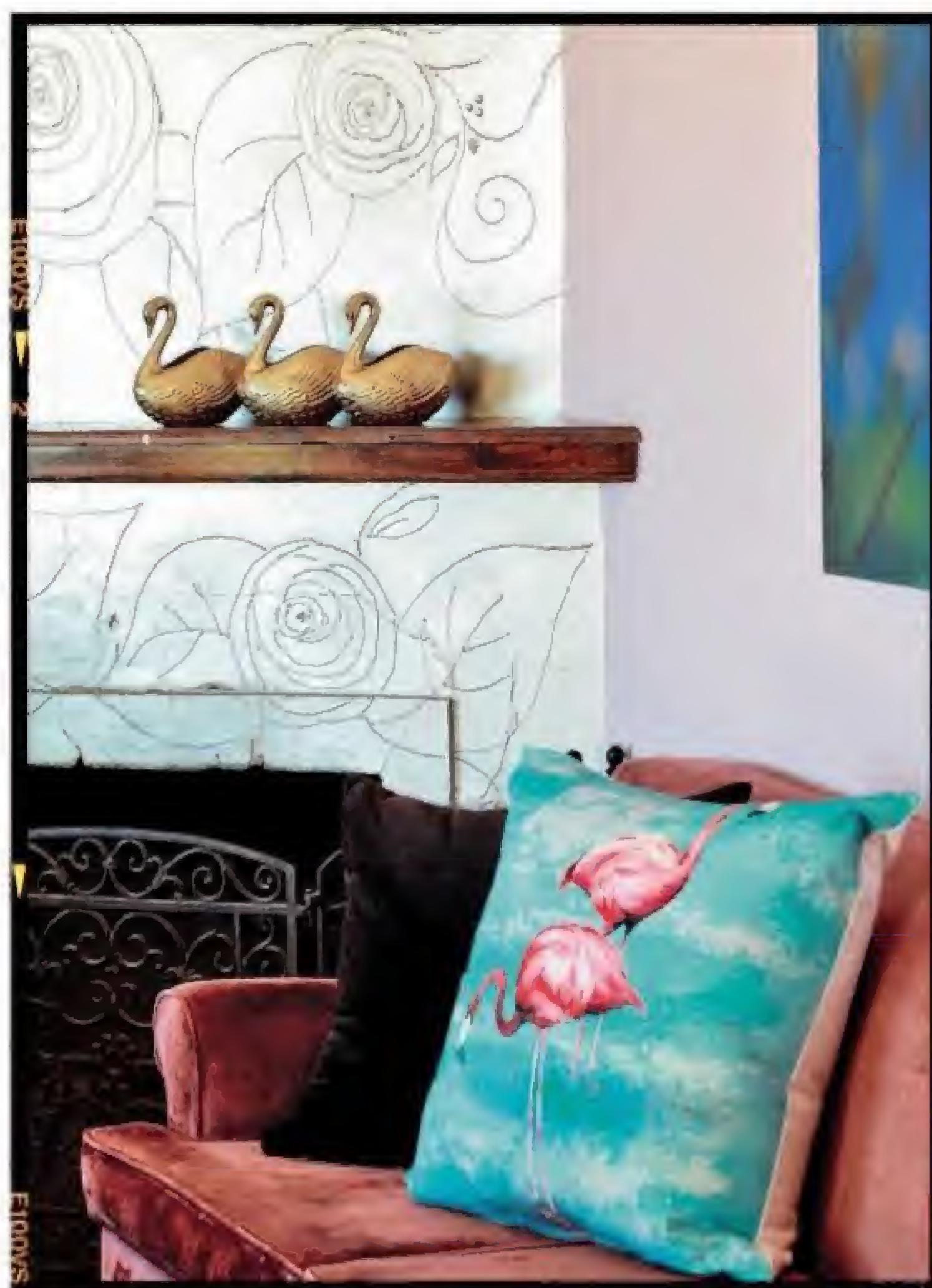
Pink, from magenta to rosy hues, is Katie's favourite colour. In the living room, she's combined various shades of pink with moss-green while velvet upholstery adds a touch of glamour.

Coffee table from Appel 'n Ui; cushions from Loads of Living; tall vase from MRP Home

*We love...* the silver floral artwork above the fireplace – another one of Katie's paint creations.











*Love the look?*

Try Annie Sloan  
paint in the colour  
Provence.

When they moved in, Katie and Jan joined two rooms to create the kitchen-cum-dining room. Katie added a bit of drama to the farmstead-style space with cupboards in different shades of blue and a bright red wine rack, both of which provide an eye-catching contrast to the other timber elements.


Tall vase from MRP Home



This gorgeous mosaic wall in the scullery was done by artist Sibongile Memani. "It's a tree of life," Katie explains. "I was having lots of babies at that stage!" she adds with a chuckle. >>

Jugs from  
Volpes





"It might seem like an unlikely spot but I love painting in my bathroom!" says Katie. "The light is amazing as it has three walls of windows looking onto the Boland mountains – it's such an inspirational view (*right*) and as the light changes, so do the colours."

Playful touches of *kitsch* gold throughout my home bring a smile to my face. – Katie

**STOCKISTS AND CONTACTS**

Appel 'n Ut 079 519 3375, [appelnui.co.za](http://appelnui.co.za)  
Chikadee 021 851 0052, [chikadee.co.za](http://chikadee.co.za)  
Hadede 011 788 5774, [hadedashop.com](http://hadedashop.com)  
Loads of Living 0861 565 565, [loadsofliving.co.za](http://loadsofliving.co.za)  
MRP Home 0800 212 535, [mrphome.com](http://mrphome.com)  
Sibongile Memani 076 555 2441 **Tilt Architectural**  
Feature Screens 021 300 4988, [tiltscreens.co.za](http://tiltscreens.co.za)  
Volpes 041 402 6800, [volpes.co.za](http://volpes.co.za)





"I spent a lot of time trying to brighten up this tiny guest loo with muted colours and it just didn't work, so I went dark and I love it!" Katie says. She inherited the antique mirror from her father. Hand basin from Hadedo



Katie has big plans for her bedroom, which she says is the only space in her home that hasn't had a décor overhaul. The couch with its vintage rose upholstery adds texture and a hint of romance. Headboard from Chikadee



*We love...* the chandelier that Katie painted blue – it creates a pop of colour against the white ceiling.

Alexander's bedroom boasts double bunks and a built-in bench perfect for sleepovers; the bench doubles as storage space.



**Who lives here?**

Jurie and Carina Prins

**WHERE** Ladismith

**SIZE** 80m<sup>2</sup>



# COME to rest...

Keen to escape the hustle and bustle of the city, an inspired couple have found refuge in a nostalgic farm retreat.

*By Kim Bougaardt • Photographs Francois Oberholster*



The journey up the steep and winding gravel road that leads to the Prins home is well worth it – the view from the top is breathtaking!

Jurie and Carina's idyllic getaway in Ladismith overlooks the valley and farm below and it's hardly surprising that they named their homestead *Sielsrus* (Soul's Rest) because it most certainly is good for the soul.

The couple from Paarl had long searched for a piece of land to buy and turn into a working farm as both of them were raised on farms. They longed for the opportunity to once again enjoy a rural way of life.

About a year ago, they came across this property and just like that the search was over. In December 2016, Carina spent a month in the Klein Karoo with their son Jurgen who now manages the farm; she worked in the warehouse getting the harvest ready for market and got stuck into a few minor renovations. But she had to stick to a deadline: guests were arriving to celebrate Christmas at the end of the month! >>





## Making changes

This charming Cape Dutch house is compact but it has all the amenities a modern family might need. Jurie and Carina try to visit at least once a month to check up on business and to get away from the stresses of city life.

The open-plan home is an entertainer's dream with a seamless flow from the indoors out. Although Carina and Jurie were both part of the creative process, it was Carina who managed most of the building in the first month with local builders working non-stop to revamp the kitchen. They also installed new doors to the bedrooms, built a swimming pool reminiscent of a farm dam, and added a reed ceiling to the front stoep. >>

The kitchen has a rustic look, featuring exposed copper pipes and raw concrete units with storage baskets and sanded scaffolding planks used as worktops.

### *Must-have!*

An exposed filament bulb adds a subtle style statement.





A workbench in the open-plan kitchen stores crockery, cutlery and other essential items, while the dresser serves as a pantry.



An old mirror has been repurposed as a splashback; Carina says it takes a bit of getting used to cooking in front of a mirror but it reflects plenty of light – and, of course, the view outdoors.



*Bright idea!*  
Carina's copper pots and pans hang from old walking sticks.



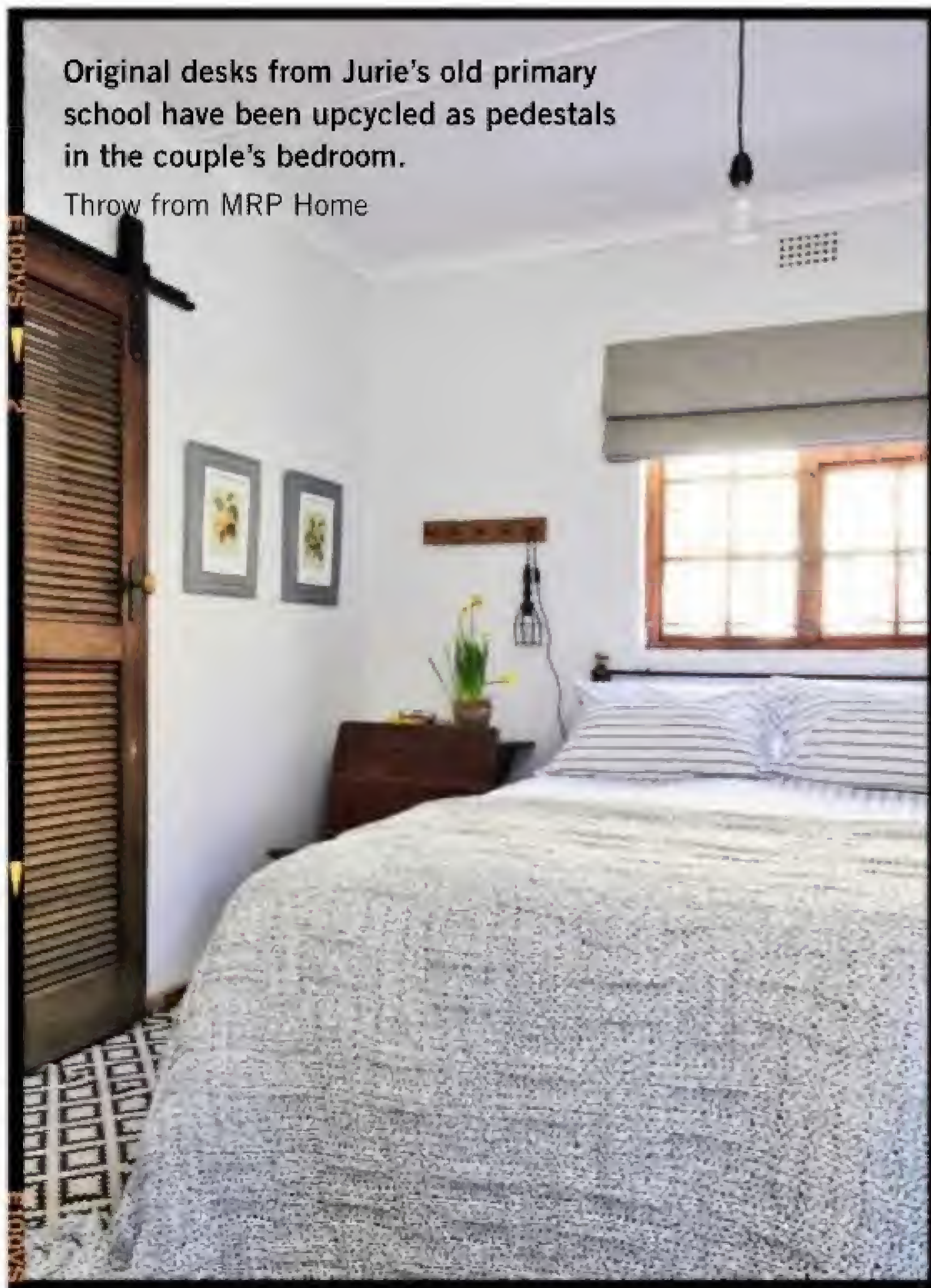
The back door opens to reveal a magnificent view of the valley. The cupboard used to store glassware is from Trading Post in Strand.





Original desks from Jurie's old primary school have been upcycled as pedestals in the couple's bedroom.

Throw from MRP Home



The bedside light hanging from the coat rack is both functional and decorative; it's perfect for reading in bed and it saves space.

Light from Masquerade



An old wooden shutter has been repurposed as a barn-style sliding door to the en-suite bathroom.





Carina likes to relax in the lounge; the painting on the wall inspired the look and feel of their home. She says the ram's horns remind her of growing up on a farm, while the pomegranate symbolises new beginnings. A black ceiling adds an interesting visual effect.

Vase from MRP Home



### [CARINA'S STYLE]

The interior is a combination of timeless pieces and rustic elements that are perfectly at home in their Klein Karoo surroundings. At *Sielsrus*, Carina wanted to create a space where the family can gather around a dining table to share a meal, play games or simply shoot the breeze. Fond memories of her own childhood are reflected in the many beloved family heirlooms.

Carina has big plans for the lounge, however; she intends on turning it into another bedroom for her grandchildren. But for now she's happy with things as they are and filling her home with beautiful pieces close to her heart.





## Take it outside

Changes made in the outdoor areas were kept to a minimum so as not to distract from the view. A reed ceiling on the stoep provides shelter from the elements, allowing the family to make the most of their tranquil surroundings.

A newly built splash pool that resembles a farm dam works beautifully in this environment – it's perfect for cooling off after a hard day's work or as a spot in which to unwind during the hot summer months.

In fact, the family utilises every bit of their outside area to full advantage, from watching the sun rise over the mountains from the comfy daybed to enjoying a twilight braai. They try to use as little electricity as possible and oil lanterns and candles only add to the charm of their home.

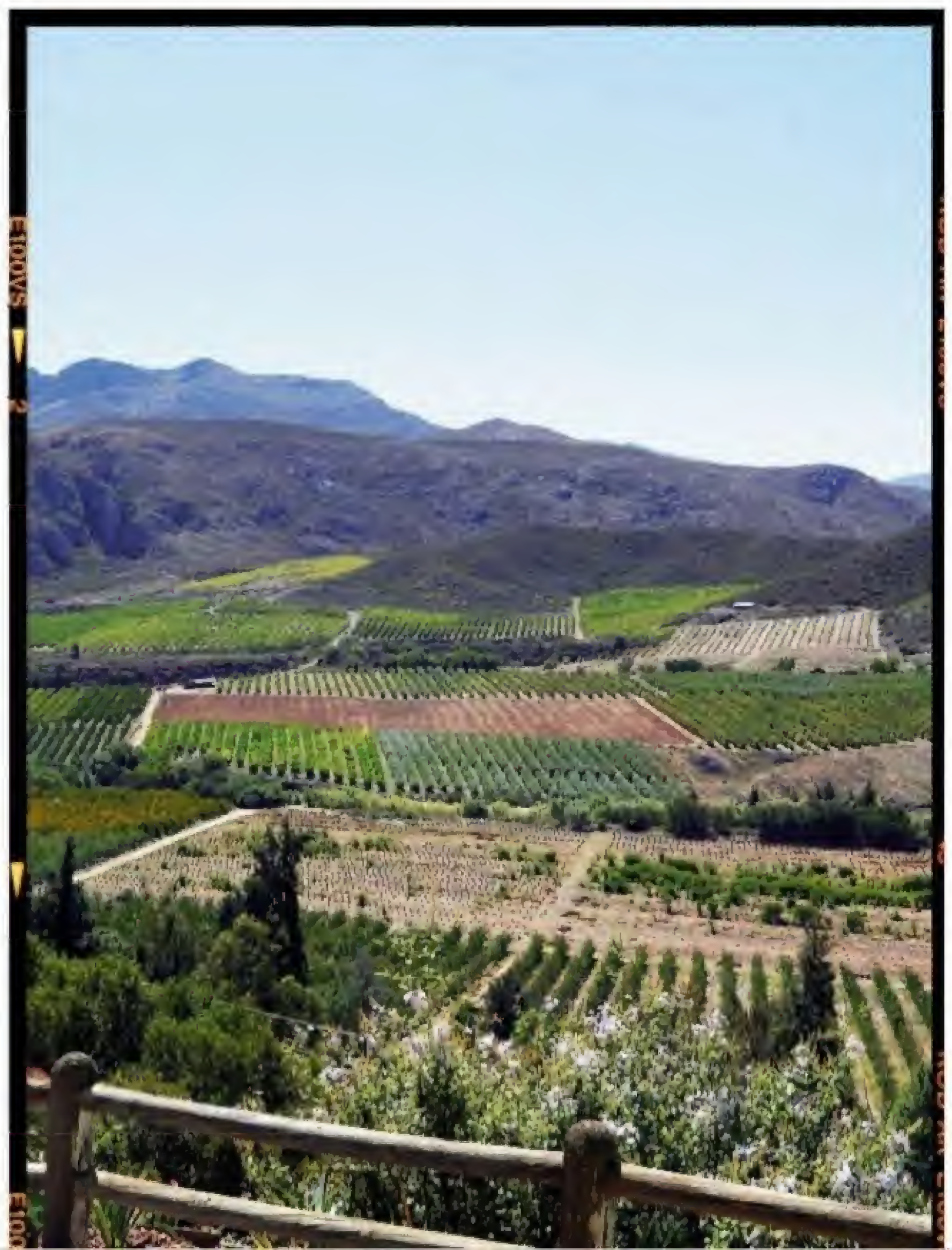
In a very short period of time, the Klein Karoo and its people have crept into and stolen their hearts. Life for the Prins family is good. 🏡

**STOCKISTS Masquerade** 021 876 3944, [masquerade.co.za](http://masquerade.co.za)

**MRP Home** 0800 212 535, [mrphome.com](http://mrphome.com)

**Trading Post** 021 853 6619

**Pallets repurposed as shutters (*right*) create a cosy lived-in feel; the couple like to use locally-sourced materials, thereby reducing their carbon footprint. The daybed (*below*) offers a comfy spot from which to take in the magnificent view.**







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## LIVING AREA

Rosewood parquet flooring was hidden under the home's carpets and tiles; it just had to be sanded and resealed.

# THE BEST OF the '70s...

A pair of avid renovators transformed a dated home into a stunning retro-contemporary space.

By Kim Arendse • Photographs Francois Oberholster • Styling Marian van Wyk





### Who lives here?

Martina Klopper, Ian Goodes and their son, Kaspar (9)

**WHERE** Boston, Cape Town

**SIZE** 285m<sup>2</sup>

**S**he studied architecture for a while and has always been interested in design; he's always been handy and comes from a long line of carpenters. So it's no surprise that Martina, a full-time data scientist, and Ian, a part-time photographer, are now living their dream as home renovators.

Their most recent project saw them update the interior of this Boston abode, built in 1967, while maintaining its nostalgic elements. They managed a remarkable transformation within their limited budget as they did a lot of the work themselves and already had much of the décor on hand; they've always been keen on mid-century furniture and have, over the years, collected many market, auction and online finds, waiting for the perfect home for them. When they bought their house in 2015, they could finally bring the whole lot out of storage.

"The house was in a good condition, so the renovation was largely cosmetic," Martina says. "Thankfully, Ian and I have similar taste and our favourite pieces ended up working well in this 70s-style space."

After just a few months, and with only a couple of structural changes, the home was turned into an impressive space with a perfect balance between old and new. As a nod to the era in which it was designed, the couple decided to keep the parquet rosewood flooring they found under the carpets and tiles as well as the stacked-stone fireplace, floor-to-ceiling windows, large wooden pelmets and eye-catching angular structures of many of the walls and other windows.

They also added bold colours to the walls and introduced pops of green with indoor plants and enhanced views of the garden. Geometric shapes in the décor and restored furniture typical of that time reinforce an iconic 70s-style flair. >>

**A double-sided stacked-stone fireplace (right) flanked by shelves adds a sense of grandeur. Ian and Martina bought the chair frames years ago and recently had leather skins made into slings.**

Artwork by Amelia Smith

### KITCHEN AND DINING AREA

An heirloom dining table and original Frystark chairs bought at an auction house in Somerset West echo the wooden parquet floor, while the cement screed treated with oxide to get a rich, dark colour brings an unexpected contemporary feel to this space.



*We love*  
how the slanted  
fireplace bricks  
echo the original  
herringbone  
parquet floors.







The ramps weren't built for a wheelchair; the original owners who had the house built in the 1960s simply didn't want stairs. Original concrete cones display ferns and other indoor plants along the rail. An old telephone stand (*left*) was repurposed as a stylish display unit.

Artwork by Renée Rossouw





This lounge was a braai room when the couple bought the house. "But we're not 'binne braai' people and we wanted to achieve a mid-century modern look here, so it had to go," Martina explains.

Artwork by Cecil Skotnes and William Kentridge; black and gold pendants from Weylandts

## A DIY do-over

Ian and Martina's love of renovating took hold in 2014 when they purchased a weekend getaway home with a friend in Koringberg in the Swartland. The outhouse had to be converted into a kitchen and as the couple were low on funds, they decided to do most of the work themselves.

They enjoyed the process so much that they decided to launch their own renovations company, Spirited Level, and in just a few years they'd built up an impressive portfolio. "We call ourselves 'novice renovators' although we've designed, manufactured and built some interesting stuff over the past two years," Ian says.

The renovation of their Boston home took about three months and structural alterations included removing a built-in cupboard that divided the kitchen and dining area to create an open-plan space and demolishing a wall between the upstairs shower and bathroom to create a bigger bathroom.

In the meantime, the couple moved from room to room while work on the house progressed. "We moved all our belongings into the garage and started on the floors. It was winter and we basically had two chairs in front of the fireplace; we braaied chops every evening," Martina says.

Together, the couple also took out the old kiaat and veneer kitchen cupboards, ripped up the carpets and tiles throughout the home, restored the parquet flooring, screeded the floors and painted the interior. Family members and, in some instances, professionals were called in to assist with plumbing jobs and masonry.

Next on their list of things to tackle is the sprawling garden... >>



## [THE HOME'S HISTORY]

The house was built for the Palm family by architect A.P.S. Conradie in 1967. "Before us, this home had three owners," Martina says. "The Palms, then some Belgian gentlemen and after that the owners from whom we bought the property; they'd lived here for more than 20 years."

Ian, who does scouting for the film industry, came across the house on one of his missions in 2015 and asked the owners if they'd be willing to sell. "We made an offer and they accepted, so we managed to sidestep the estate agents," Martina explains. And when Ian and Martina were done with the renovation, they had the opportunity to show it off to the home's original owner. "Mrs Palm and her daughter recognised the house from an advertisement that was shot here and contacted us to see if they could come and have a look. They were very glad that we preserved most of the original structures and fittings," Ian says.





#### HOME OFFICE

Renée Rossouw and Retha Bornmann prints stand out against the blue (Plascon Bovine) wall in Martina's home office. The furniture is all second-hand.

Rug from MRP Home; scatter from Skinny laMinx







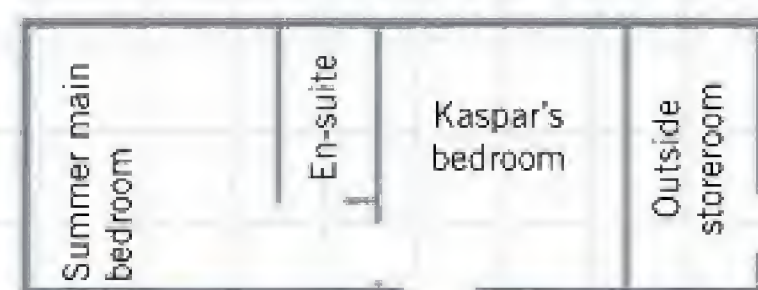
# Renovators' notes

Work with the unique character of a home and make the most of fittings and structures true to the era in which it was built.



Martina Kloppe  
and Ian Goodes

Ground floor



Total cost:  
R207 000

Wooden floors professionally  
sanded and sealed by  
homeowners 14 000

Cement floors  
(own screed mix) floated  
professionally; painted  
and sealed by  
homeowners 23 000

Lower level bathroom,  
concrete sink, concrete  
walls 12 000

Pink bathroom 45 000

Kitchen 25 000

Fence 25 000

Furniture 35 000

Paint 5 000

Labour 23 000

## STOCKISTS AND CONTACTS

Italtile 0861 555 109,  
italtile.co.za

John Brass Taps & Fittings  
021 447 2807

Livingstone Baths 021 556 8952,  
livingstonebaths.com

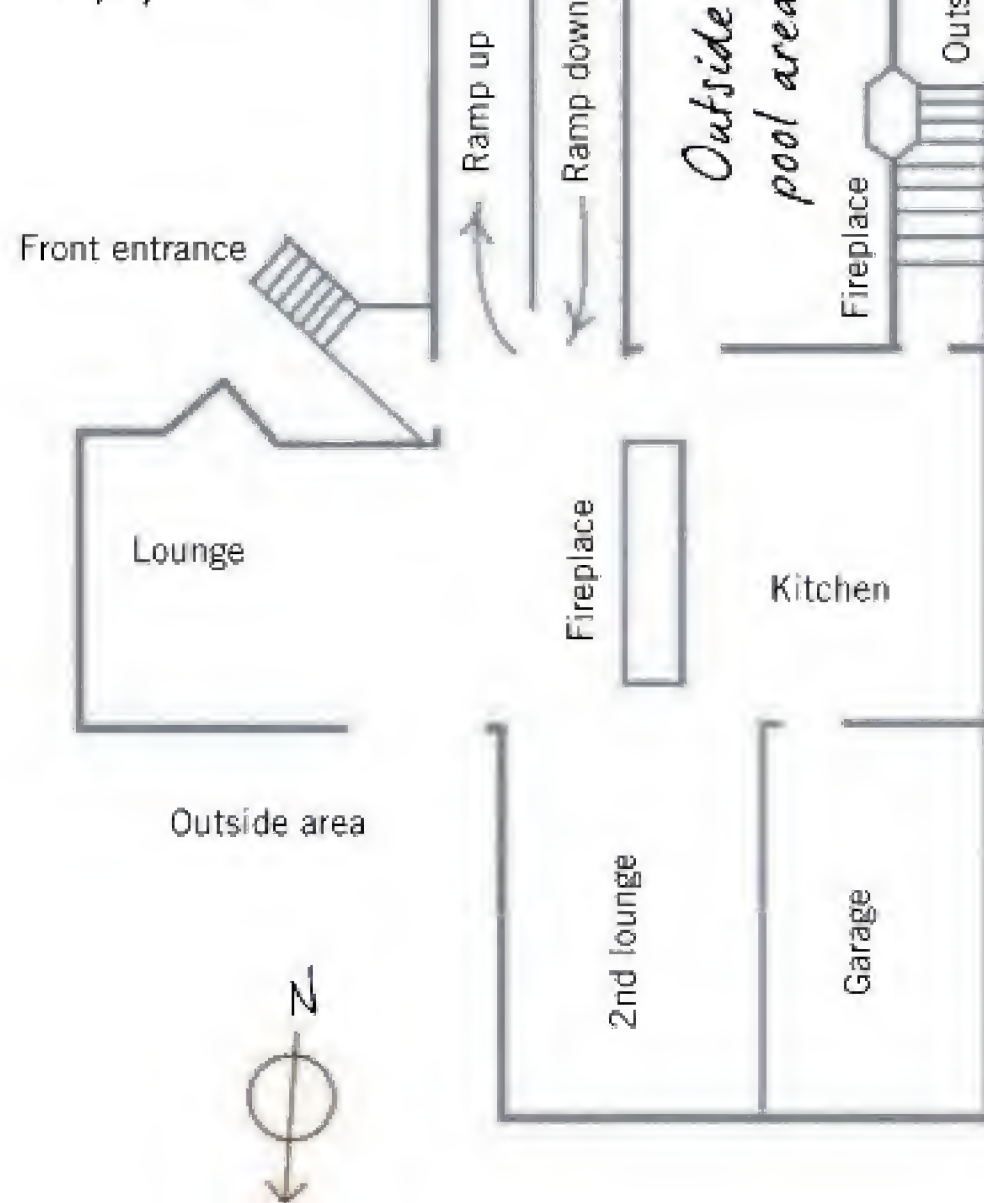
MRP Home 0800 212 535,  
mrphome.com

Skinny laMinx 021 424 6290,  
skinnylaminx.com

Spirited Level  
info@spiritedlevel.co.za,  
spiritedlevel.co.za

Weylandts 0860 103 400,  
weylandts.co.za

Top floor



Ian made the prism-  
shaped brackets for  
the birch plywood  
open shelving.

Wall painted in Plascon  
Bovine; artwork from  
left: Amelia Smith,  
Diek Grobler and  
Christopher Slack

## [ MARTINA AND IAN'S TOP TIPS ]

- Make a list of what needs to be done and then decide what you can do yourself and what should be done by a professional. If you tackle projects you're ill-equipped to manage, you may risk paying double – once for your own attempt and a second time for the person who has to repair any damage.
- Always test your products: if, for example, you're going to mix a screed for cement floors, first test a small patch somewhere and let it cure properly.
- If you make a mistake, don't try to cover it up with more mistakes; rather start again.
- Get professionals to do the electrical and plumbing work! We're lucky

because Ian's dad is an electrician and Ian can do plumbing.

- Buy building materials from one shop; often, if you spend enough, they will offer a discount.
- Measure twice, cut once!
- Don't buy tools – it's much more cost-effective to hire them. For example, if you're going to make a concrete top, hire the poker machine to vibrate the mix.
- Hire an industrial vacuum cleaner when everything is done.
- Always consider how you can save on costs without compromising the integrity of an item. For example, we used cheap plywood for the cupboard carcasses in the kitchen and simply painted them a mint-green inside.







### [THEIR FAVOURITE STORES]

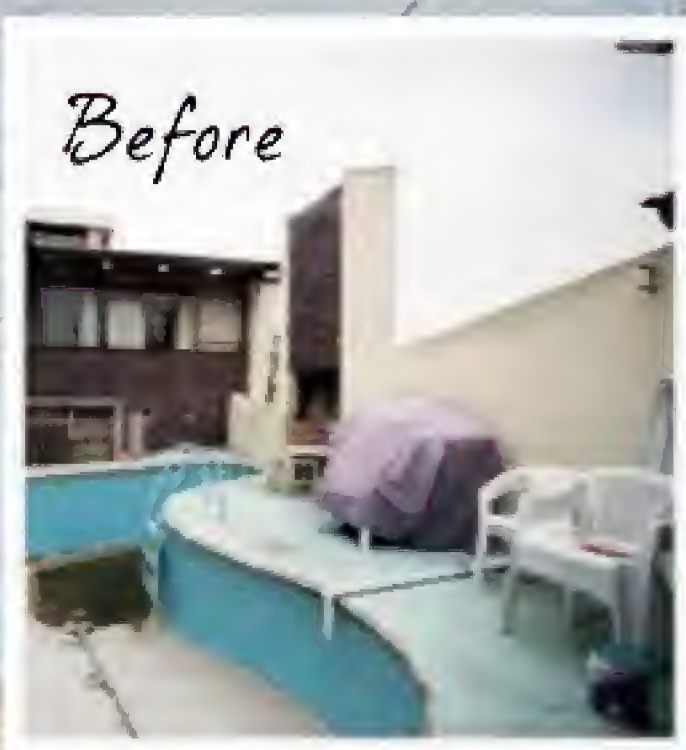
- Second-hand stores such as Vamp ([vampfurniture.blogspot.co.za](http://vampfurniture.blogspot.co.za)) and The New Modernist ([thenewmodernist.com](http://thenewmodernist.com))
- Online stores such as Huisraad ([huisraad.myshopify.com](http://huisraad.myshopify.com)) and Retrozef ([facebook.com/Retrozef](https://facebook.com/Retrozef))
- Auction houses
- [gumtree.co.za](http://gumtree.co.za)

### [MARTINA'S ADVICE ON HOW TO MASTER MID-CENTURY STYLE]

- Opt for finishes and furniture with flat, clean lines and textured furniture and décor items with geometric patterns and bright colours.
- Display your favourite pieces but don't create clutter. Sometimes, you can achieve the desired look just by adding a few mid-century elements like a lampshade, indoor plant, mirror painting or funky wallpaper.
- Look for mid-century furniture at flea markets and second-hand stores.
- Browse magazines and Pinterest for inspiration.
- Hunt for pieces at auctions, on [gumtree.co.za](http://gumtree.co.za), on second-hand Facebook communities and at second-hand shops. It's also a good idea to take a peek in your parents' and grandparents' garage!
- Be patient, especially if you have limited funds; the perfect piece might take time to find.
- Consider going open plan – especially with your kitchen and dining area.
- Wooden floors and furniture are always a great addition. >>

### OUTDOORS

The pool area was given a quick and easy revamp with just two colours: Dulux Desert Island 1 (mustard yellow) and Dulux Winter Teal 1. The couple drew inspiration from the Mexican modernist architect Luis Barragán's use of bold colours on concrete in outdoor spaces.





get the look

**Fine dining**

Dining chair R995,  
Block & Chisel

**On a platter**

Serving tray (44.5 x 35cm)  
R370, handmadebyme.co.za

**Top brass**

Brass vase  
(18cm tall) R495,  
Weylandts

**Shape up** Mirror (60cm D) R449, @home

**Material world** Dimensional triangles fabric  
R595/m (138m wide), Skinny laMinx

**Fur real...**

Icelandic sheepskin  
(100–120cm L x 60cm W)  
R2 995, Weylandts

# Let's go shopping!

Create your own blast from the past with these stylish retro must-haves.

By Kim Arendse

**Pipe dream** Tube copper lamp (43cm tall) R599, Woolworths

**Lounge around** Three-seater couch R5 999, Poco 🏠

**Stacked**

Ladder shelf (1.8m)  
R1 800,  
MRP Home

**STOCKISTS** @home 0860 576 576, home.co.za **Block & Chisel** 021 691 0878, blockandchisel.co.za **MRP Home** 0800 212 535, mrphome.com **Poco** 021 841 1500, poco.co.za **Skinny laMinx** 021 424 6290, skinnylaminx.com **Weylandts** 0860 103 400, weylandts.co.za **Woolworths** 0860 022 002, woolworths.co.za



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hot stuff

Many of us dream of an old Victorian fireplace typical of heritage homes around the country. These wood-burners create atmosphere but they're not as economical as more contemporary closed-combustion units (see [page 64](#)). Take a look at demolition yards if you'd like to go the traditional route; if there are parts missing, you can contact specialist service providers for help.

# TURN UP the heat!

Pendant lamp from Weylandts; armchair from Block & Chisel; carpet from Rebtex; blanket from Woolworths

Whether it's a wood fire, gas installation or electric solution, we help you decide on the best way to keep warm and cosy right through winter.

By Beatrice Moore-Nöthnagel

Styling Marian van Wyk • Photographs Ed O'Riley and supplied



A Biofire fireplace (not to be confused with smokeless fireplaces where the heat source is a liquid ethanol biofuel; see *box on page 66*) uses wood but has a heart of highly fireproof ceramic tiles with numerous “draws” through which the fumes are guided. A burning temperature higher than that of a regular fireplace is reached. The heat passes through the ceramic heart into a maze-like flue that consists of special heat-retaining chambers. These trap the heat and keep heat loss through the chimney to a minimum. When the fire goes out, the heat accumulated inside the ceramic heart is slowly released through the outer shell more than 12 to 16 hours later. There is no need to add more wood. >>



Fireplace from Biofire; design by JK Architects;  
walls painted in Plascon Poinsettia



# [WOOD]

Nothing beats a wood fireplace when it comes to cosiness and atmosphere. However, not all wood fireplaces are made equal.

**CLOSED-COMBUSTION FIREPLACES** or slow-burning stoves with a glass door in the front are much more energy efficient and they also burn for longer before you have to add more wood. They can even keep your home warm throughout the night. However, a good-quality stove can be rather pricey!

**COST** R4 990 upwards

Rug from Arabesque; ottomans from Moroccan Warehouse; Dovre Vintage closed-combustion stove available from accredited suppliers countrywide



**Morsø No 4**  
wood-burning  
stove from  
**R15 695,**  
Premier Fires



**700 Mynx R5 400,**  
Jetmaster

## OPEN-FLAME FIREPLACES

are affordable and they create a lovely atmosphere. However, they're not very effective since between 60–80% of the fire's heat is lost through the chimney. It also uses much more wood – in fact, only 5% of the wood's energy is converted into heat for the home! And if the smell of old fires is a concern, you'll have to clean the fireplace every morning after you've used it.

**COST** R4 500 – R21 000



**Vega Slow**  
Stove from  
**R23 000 (built-in)**  
or **R24 100**  
(freestanding),  
Jetmaster



## [CONSIDERING A CLOSED-COMBUSTION STOVE?]

Keep these 10 factors in mind before making a decision:

- 1 Closed-combustion stoves (measured in kilowatts) are available in different sizes, so calculate the size of the room (or rooms) you wish to heat beforehand: multiply the width of the room by the length of the room and the height of the ceiling; this gives you the size in cubic metres. A salesperson should be able to help you decide on the size of fireplace you require.
- 2 Stoves are made of cast iron or steel. Cast-iron stoves usually have a longer warranty but this will vary according to the supplier; check before you buy. More expensive models are sometimes available with an optional enamel coating. It looks good, but it's difficult to repair if it gets chipped.
- 3 Cast-iron stoves can get very hot, so it's important to consider how close your furniture will get to it. A large stove might heat up your room beautifully, but there may not be enough room for your sofa!
- 4 Stoves manufactured in China are usually cheaper than stoves from Europe. If you're considering a Chinese-made one, check that it meets European Union standards (make sure you don't buy a Chinese copy of a European design!).
- 5 Installation costs can be as much as the stove itself; bear this in mind when making your calculations. The higher your ceiling (or roof if, for example, you have a double-storey house), the more chimney flue you'll need – and it's an expensive item!
- 6 Most chimney flues are made of stainless steel, which eventually turns a copper colour due to the heat. If you don't like this look, the flue can be tinted black.
- 7 If you have wooden floors, you'll need to install a heatproof panel underneath your stove for safety. It can be tempered glass, granite or steel; the latter is the cheapest option.
- 8 Some stoves have a convection function; it's usually more expensive but heats up the room more evenly. An ordinary cast-iron stove, on the other hand, warms the room with radiant heat; the closer you are to the stove, the hotter it will be.
- 9 Make sure your stove has a separate ash door (this makes it easier to clean) and a handle that won't get hot. Some stoves feature detachable handles so children won't be tempted to open the door while the stove is lit.
- 10 Remember that a small stove might mean you'll struggle to fit in the logs and you'll have to saw them in half first. Take the average length of a log into consideration and make sure your stove door is big enough! After all, who needs such problems when it's freezing cold outside...

**CERAMIC POTS** remain popular and even though they don't have a glass door like closed-combustion fireplaces, they're still more economical than a traditional open-flame fireplace as the clay retains the heat for longer – up to two hours after the wood has burnt out. A large firepot weighs about 60kg and takes about

30 minutes to warm up with six to eight pieces of wood. It requires only three to four pieces of wood every hour.

**COST** R11 000 – R14 000 >>

**White Raku medallion  
fireplace (incl accessories)  
from R11 000, Earthfire**



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FIREPLACES

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**bellfires.** gas fires

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**Bellfires Unica conventional flue gas fireplace from R40 995, Premier Fires**

**GAS FIREPLACES**, especially the old-fashioned open ones, are not as effective or energy-efficient as wood-burning fireplaces. However, by installing a new gas fireplace that's enclosed in the front with a ventilated flue, you can save as much as 55% on your gas bill and enjoy 45% more heat, say the experts from Premier Fires.

**Remember** All gas installations must be done by a qualified and registered gas installer. He will also advise you on where the cylinder should be housed and where the vents should be placed. Some people are still reluctant to use gas due to safety reasons but if used correctly, there's no need for concern.

**COST** From R6 900 upwards

**PATIO HEATERS** are convenient and offer an affordable way to enjoy your outdoor living spaces for longer. A burner on top of a post burns LP gas and directs the flames against a perforated metal screen. They also come in a tabletop version. Make sure there's enough clear space dedicated to the safe use of your heater; they're not suitable for indoor use because they could cause carbon monoxide poisoning as they aren't constructed in the same way as typical indoor gas heaters.

**COST** R1 900 – R6 400



**Patio heater R1 999, takealot.com**

## [ GAS ]

Gas is gaining popularity as a heating fuel as it saves on electricity and is usually also lighter on the pocket than electric heaters.

**GAS HEATERS** warm the air to a much higher temperature than electric heaters and they're also quicker as the gas flame is instantly hot. They're very efficient as about 90% of the energy content of the gas is transformed into heat. However, gas isn't suitable for use in bedrooms, bathrooms and other small or badly ventilated spaces. A small amount of carbon monoxide and nitrous oxides are released and although generally safe, they could cause problems for asthmatics or people with certain allergies or respiratory problems.

**COST** R670 – R1 900

### **Insulation tips**

There's no point in heating up your home if you don't have proper insulation as the heat won't be retained. What can you do?

- **Install fire-retardant ceiling insulation**  
With approximately 40% of heat lost through the roof, ceiling insulation (about R18 000 for a 215m<sup>2</sup> house) makes your home up to 5% warmer.
- **Use foam tape to seal windows and doors** if they don't close properly; in winter, draughts can account for up to 25% of heat loss.
- **Hang curtains and apply insulation film to windows** to reduce heat transfer.
- **Use 'door snakes'** to stop cold air from entering.



**Russell Hobbs gas heater R1 999, Game**

**Alva patio heater with small cabinet R2 599, takealot.com**

**ECO OPTIONS** Ethanol fireplaces are no longer limited to small burners for coffee tables; nowadays, they also come in large freestanding fireplaces or wall-mounted options. They're perfect if you rent and for small townhouses or flats as no chimney is required. Ethanol is considered ecofriendly as it doesn't smoke and it's also easy to clean.

**COST** R249 upwards



# [ ELECTRICITY ]

Electricity remains the easiest and quickest way to warm up your home. With a large variety of products ranging from affordable to more expensive, the options can be overwhelming. If you take into consideration the fact that energy-saving remains a strong focus in our country, it's not a simple choice. Here are some options...



**UNDERFLOOR HEATING** involves a system that pumps warm water through piping under the floor or electric coils placed under the floor. It's safe, silent and allergy-friendly since it doesn't rely on blowers or fans to move heat around. It can be installed throughout the house – even in bathrooms. It requires professional installation which means it's easiest to put in when a home is being built or renovated – otherwise, it might not be worth the trouble. Underfloor heating works well under cement floors as these generally heat up quicker than tiles; this will, of course, make a big impact on your electricity bill.  
**COST** R25 000 – R40 000 for about 70m²



**Russell Hobbs Milano fan heater (left) R759 and Russell Hobbs convection heater R879 (below), yuppiechef.com**

**FIN OIL HEATERS** are effective, safe and suitable for most living spaces. They come in different sizes (number of fins) and they're also relatively silent. Some users complain of a smell lingering in the room and they do use more than an average amount of electricity.

**COST** R650 – R1 900

**PANEL HEATERS** are usually wall-mounted and can easily be painted to blend in with the surroundings. They are also available in glass for a more contemporary look. These panels consume about a fifth of the electricity used by an oil heater, which makes them far more economical. However, panel heaters don't really warm up an entire room; they're more suitable for taking the chill out of the air.

**COST** R500 – R1 399

**AIR CONDITIONING** can be a great way to warm your home, especially if it comes with an inverter heater pump which saves on energy. In fact, it can operate with three times the efficiency of a conventional electrical heater. However, these 'eco' air conditioners come with a hefty price tag.

**COST** about R13 000 for one unit

**INFRARED HEATERS** emit warmth that's often compared to the sun's rays. It can quickly warm someone sitting directly in front of it but if you move around a larger room, you might feel like the heater isn't as effective. They are also pricier than most other heaters.

**COST** R2 400 – R5 000

**FAN HEATERS** are inexpensive and can warm up a room quite quickly. Due to the fan rotation, these heaters are also noisier than other types of heaters.

**COST** R200 – R750

**CONVECTION HEATERS**, such as ceramic heaters, heat the air by blowing it across a hot ceramic plate. They are not hot to the touch and are often more attractive than other types of heaters. A drawback is that the fan can be a little noisy and the heat will dissipate quickly after the heater is turned off.

**COST** R450 – R1 500 🏠

Additional sources Eskom, housewares.about.com, homeheatingguide.com





Shelly Bergh

# Branch out!

We show you how to paint a forest and create a treetop bed.

By Shelly Bergh • Photographs Justin Patrick

## You will need

### SHOPPING LIST

- Paint in the colour of your choice; we used black and white

### TOOLS

- painter's tape
- paintbrushes (medium and small)
- chalk • ladder

## Get started...



**1** Cover the designated wall with two coats of black paint. Once the paint has dried completely, mask the tree trunks out using blue painter's masking tape. Remember that trees don't grow perfectly straight, so your lines should be a bit organic.



**2** Paint the tree trunks with 2–3 coats of white then let it dry and remove the painter's tape.



**3** Use the chalk to draw your branches. When you're happy with their position, paint them with a small brush and wipe off the chalk lines.



**4** Dab the end of a dry brush in the black paint and make marks on the tree trunks.



**5** The bed was professionally installed against the wall with roof trusses. The room is narrow, so only two trusses were needed to fix the original pine bed frame to the wall.



**6** The legs of the bed were removed, then the frame was screwed into the trusses. A ladder provides easy access! 🏠

STOCKISTS Biggie Best 021 534 8662, [biggiebestwebshop.co.za](http://biggiebestwebshop.co.za) H&M Home 021 826 7451, [hm.com/za](http://hm.com/za) MRP Home 0800 21 25 35, [mrphome.com](http://mrphome.com)



# QUICK PROJECT GUIDE

Hard labour 1/10

Skill level 2/10

Time needed 3 hours

For safety's sake, make sure the bed has a side railing.

The ceiling in the room is high enough to allow for a 1.8m area underneath the mounted bed, providing much-needed extra floor space in a room only 2.4 x 3.5m in size.

Bedding and diamond scatter from Biggie Best; throw from MRP Home; scallop pillowcase, washing basket and storage containers from H&M Home





Deon de Goede

# Grab 'n go

Make a versatile pegboard to hold keys and other essential items you might need as you dash out the front door.

*By Deon de Goede*

*Photographs Francois Oberholster*

*Styling Marian van Wyk*

## **Project notes**

- Ask your timber merchant to cut the wood to size – it will make your task so much easier.
- Sand your timber beforehand.



## **QUICK PROJECT GUIDE**

**Hard labour** 3/10

**Skill level** 4/10

**Time needed** 1 to 2 hours

**Do it yourself** for less  
than R500 (wood and  
screws R450)





## You will need

### SHOPPING LIST

- one sheet of 18mm plywood, cut to:  
one 820 x 660mm (backing board)  
one 600 x 200mm (shelf)  
one 360 x 200mm (shelf)
- one 19mm wooden dowel • four 10mm Rawl bolts • 120-grit sandpaper

### TOOLS

- cordless drill, 8mm wood drill bit and 19mm spade bit • 54mm hole saw
- pencil • tape measure • ruler
- 10mm spanner • electric drill and 10mm masonry bit



### Get started...

**1** Measure and make the following marks across the length of the backing board: 80mm, 240mm, 400mm, 560mm, 720mm. Measure and make the following marks across the width: 100mm, 215mm, 330mm, 445mm, 560mm. Join these marks with pencil lines to form a grid. Using the spade bit, drill holes where the lines cross. Also, drill four 8mm holes for the Rawl bolts.

**Tip** To prevent the wood from splintering, only drill the holes halfway (until the sharp point of the drill bit pushes through the back). Then turn the board over and drill each hole through from the other side.



**2** Measure and make marks at 130mm, 245mm and 360mm in the middle of the 600 x 200mm plank. Using the hole saw, drill a hole at each mark – these are ideal for holding small pot plants. Now sand all the planks thoroughly.

**3** Make marks and, using the masonry drill bit, drill holes into the wall for the Rawl bolts. Place the backing board over the bolts and tighten them firmly with the spanner.

A Rawl bolt is an expanding anchor plug for fixing items to masonry. Tightening the bolt causes the plug to expand and anchor itself into the wall.



**4** Cut the wooden dowel into eight lengths of 200mm each and place them in the board at the desired height for your shelves. 🏠



The dowels can also be used as bookends.



Timber and screws supplied by Cape Boards



do it yourself

Shelly Bergh  
magazinesdownload.com



Shelly Bergh

# Squeaky CLEAN

Make a cute bunny-inspired laundry bag for your kids – and inspire them to keep their dirty clothes off the floor!

By Shelly Bergh

Photographs Francois Oberholster



Chair from Chair Crazy; clothing, shoes, handbag and rug from H&M



**QUICK  
PROJECT GUIDE**

**Hard labour** 1/10

**Skill level** 2/10

**Time needed** 3 hours

**Do it yourself for ±R240**

(1m fabric R100; fluff R60;  
string R10; toggle R3; 2 large  
black buttons R7; embroidery  
thread R20; felt square R40)

## You will need

### SHOPPING LIST

- 1m fabric of your choice (ours is 1.5m wide)
- thread
- 2 metal eyelets
- 1m fluff
- 2 different coloured felt squares for the patch on the eye and nose
- 2 large black buttons for the eyes
- black embroidery thread
- 2m nylon string
- toggle

### TOOLS

- pencil
- L-square ruler
- sewing machine
- overlocker
- scissors
- measuring tape
- pins
- eyelet tool
- hammer
- needle
- embroidery needle
- safety pin

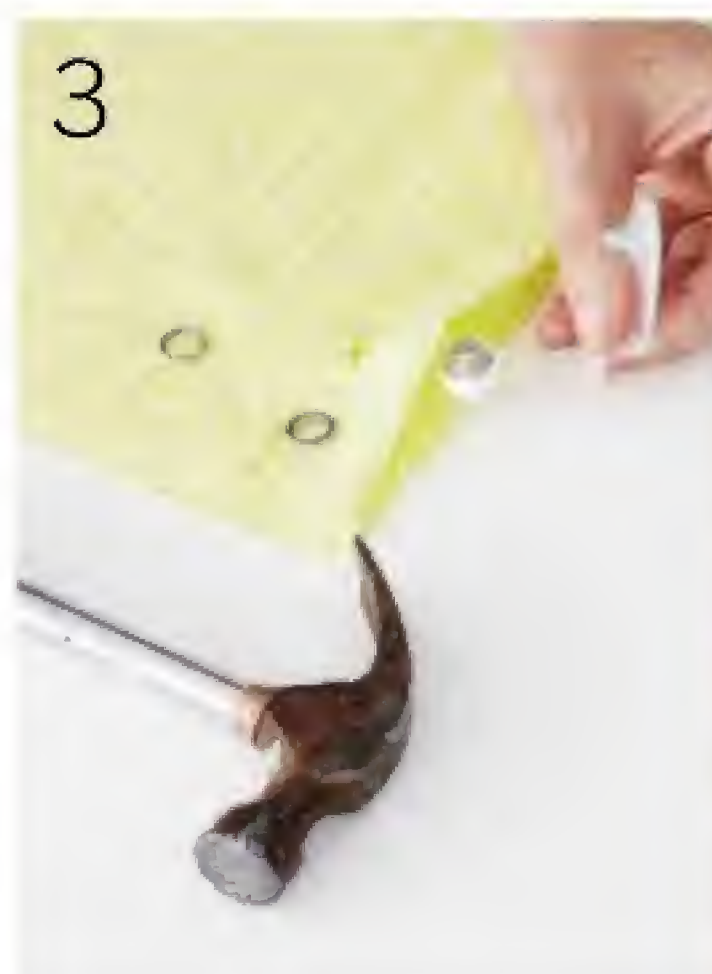
## Get started...



**1** Fold the fabric double with the selvedge (an edge produced on woven fabric during manufacture that prevents it from unravelling) together, then measure and cut 600mm from the side.



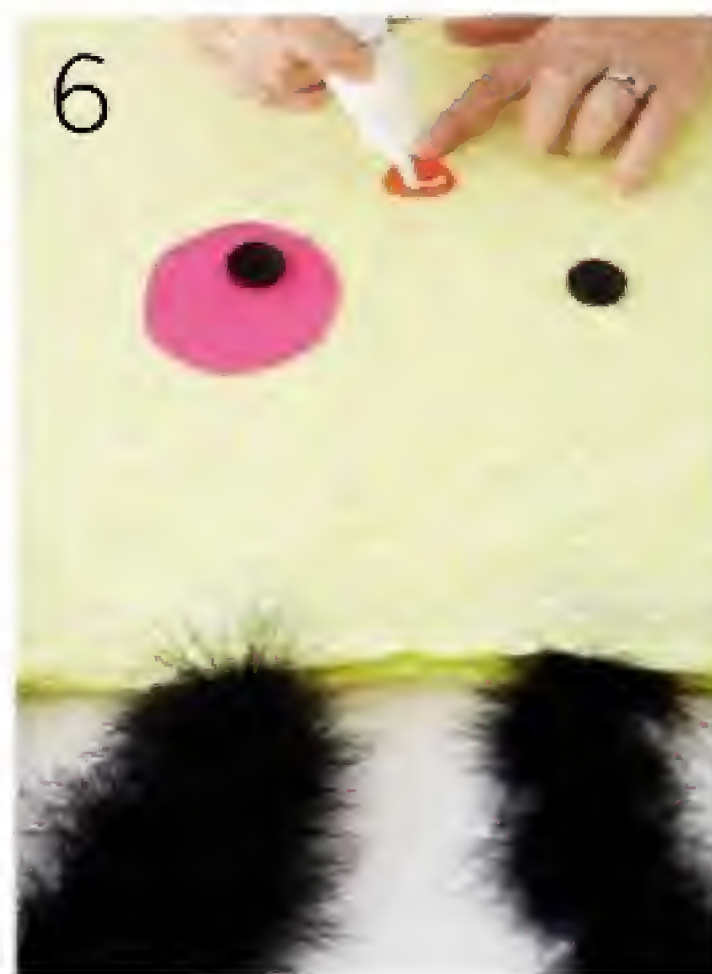
**2** Keep the fabric folded (with the right sides facing each other) and sew the long edges together.



**3** Measure and mark where the eyelets will go: 38mm from the top edge of the fabric, 35mm apart. Use the eyelet tool to insert the eyelets (*see overleaf for how to use the eyelet tool*). **4** Pin and sew a 25mm hem at the top edge of the bag; the eyelets will be on the outside of the front of the bag.



**5** On the inside of the back of the bag, make marks at 80mm and 200mm from both edges. Cut two lengths of 400mm of fluff and sew the ends by hand on the marks you've made.



**6** Cut a triangle with rounded edges for a nose and a circle shape for around the eye from the felt and stick in place on the front of the bag with fabric glue. **7** Sew the black buttons in place for eyes. >>







## SPECIALIST LAUNDRY DRYER

### DRY LAUNDRY FASTER

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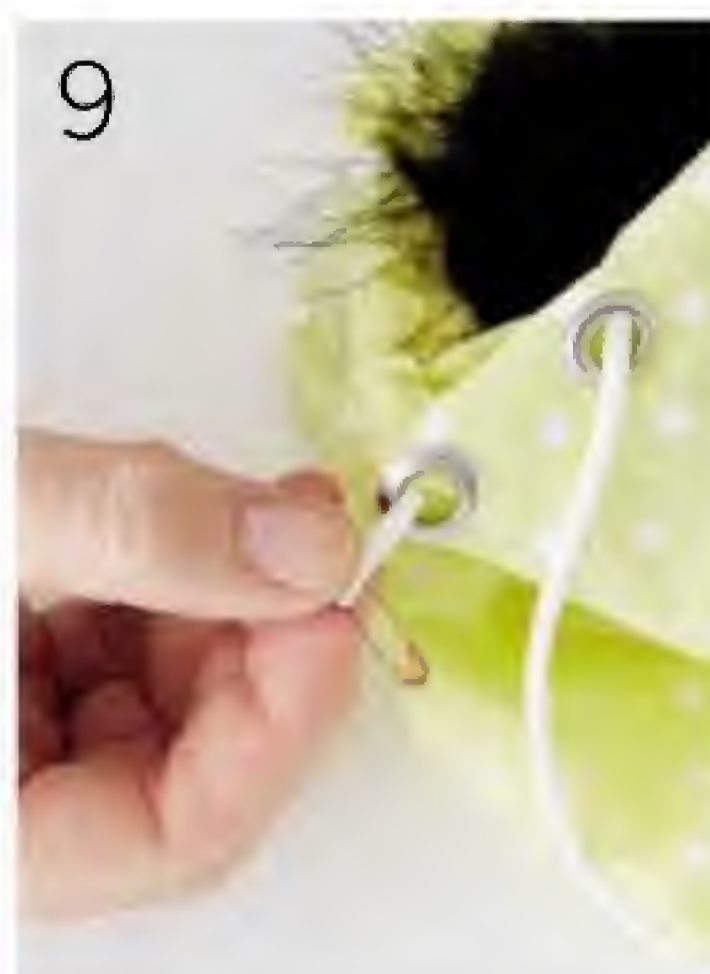
*Saves time and money!!*



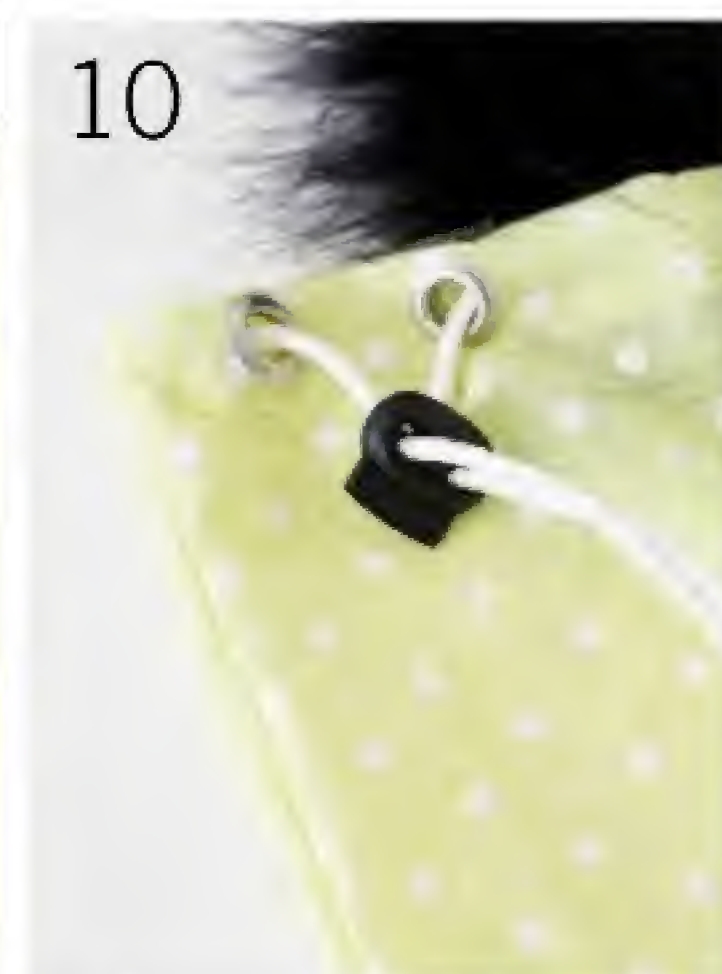
Spindel uses spin power instead of heat to reduce drying times and electricity costs. Now available from R1 999. Call 0860 555 135 or visit [www.spindel.co.za](http://www.spindel.co.za) for stockists.



8 Draw the mouth and whiskers with pencil then embroider them with a running stitch.



9 Use the safety pin to thread the string through the eyelets and seam at the top of the bag.



10 Attach a toggle to the string. Hang the laundry bag on two hooks by its fluffy ears.

### HOW TO

## ...use an eyelet tool

### You will need

- eyelet tool (our tool has a metal ring and a rubber ring that you alternate to make a hole in the fabric and to attach the eyelet; various tools differ)
- hammer
- eyelet



1



2

1 Use the metal ring and hammer to make a hole in the fabric.  
2 Replace the metal ring with the rubber ring. Place the "male" part of the eyelet on the rubber side, and the eyelet on the other side.



3



4

3 Slide the "male" bit through the hole in the fabric, and fold the tool closed.  
4 Use the hammer to tap the two rings onto each other. 🏠

STOCKISTS Chair Crazy 021 465 9991, [chaircrazy.co.za](http://chaircrazy.co.za) H&M 021 826 7451, [hm.com/za](http://hm.com/za)



On  
DStv channel  
**147**

# MIDWINTER

Breathtaking homes **via**  
Anet Pienaar-Vosloo's stylish friends

Tuesdays 17:30 from 11 April

**via**





# Ask the experts

*Want to know how to paint sofa cushions or build a floating kitchen shelf? You ask – we find the answers.*

Compiled by Kim Arendse



## Behind bars

*Heidri van Eeden of Welgemoed writes* We're considering those see-through burglar bars that have become so popular in the past few years. I like the look and that the house won't feel like a jail. But then I read a newspaper article claiming that these bars are "a silent killer" as intruders can cut through them using something as readily available as a crème brûlée torch. Is this true?



→ **Paul van Blerk of Trellidor replies** Polycarbonate bars have become popular because they are transparent. They are mainly used to keep monkeys and baboons out or in estates that don't allow more visible burglar-proofing.

Trellidor Polycarbonate Bars are strengthened with a frame and tamper-proof fixings but they are only suitable for low security risk areas. "Tamper-proof" means we use screws that require a special tool to remove them; this tool is not readily available to the general public.

The bars are not flammable, so they won't burst into flames if a blowtorch is applied, but after some time the intense heat will damage and weaken them. We suggest you use Polycarbonate Bars in low risk areas and

fit them inside the windows so they can't easily be reached by criminals. Keep windows closed so thieves have to break through two layers of security, forcing them to waste time and risk discovery.

For higher security risk areas, we advise you to install burglar-proofing designed for strength under attack. Trellidor Retractable Security Gates and see-through Trellidor Clear Guard screens are two such products. They are custom-made to fit properly and have built-in strengthening features.

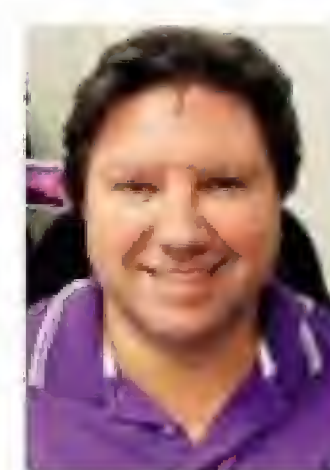
Remember that given enough time, the right tools and a low risk of being caught in the act, there is no single product that is completely impenetrable. Layers of security is the way to go because it makes a break-in difficult, time-consuming and risky.

**CONTACT** [trellidor.co.za](http://trellidor.co.za)



## Against the elements

*Hanli Duraan of Herolds Bay writes* I have a Rhodesian teak table that we use outside; most of the varnish has come off and I'm considering treating it with roof paint. Is that wise?



→ **Donovan Bezuidenhout of Plascon replies** Rhodesian teak is extremely dense – it's almost non-porous – so penetration of any product will be almost

non-existent. While paint may adhere to the surface slightly, it will lift fairly quickly – especially if the table is used regularly. Roof paints are indeed durable and hardwearing but you'd have to re-coat your table frequently.

**CONTACT** 0860 20 40 60, [plascon.co.za](http://plascon.co.za)







## On the shelf

Lucille Rooza of Cape Town writes  
How can I make a shelf similar to  
the one in Pierre and Felicity  
Heymans' kitchen featured on page  
36 of your November 2016 issue?



→ **DIY Deon replies** Buy regular pine beams and have them cut to size (the ones used in this project appear to be 38 x 228mm). The supporting brackets can be purchased at Chisel and Chalk in Durbanville (021 976 0444) or at an antiques store; otherwise, you can also have them made by an experienced welder. Then attach the planks to the brackets using ordinary screws and, after measuring to ensure the planks will be aligned, use 6mm x 60mm coach screws and wall plugs to attach the brackets to the wall.

**CONTACT** 084 589 5026 >>





## Quick questions

**Q:** I love the rug on page 21 of your August 2016 issue; where is it from? – *Brigitte Taim, Big Bay*

**A:** It was bought at Lund Rug Gallery ([lundruggallery.co.za](http://lundruggallery.co.za)) – they have stores in Cape Town and Jo'burg.



**Q:** What kind of runner was used to hang the barn door between the bathroom and bedroom on page 36 of your March 2017 issue? – *Pamela Allen, Cape Town*

**A:** Homeowner Ronelle Muir says they used a sliding-door system by Hillaldam ([hillaldam.net](http://hillaldam.net)) which they bought at Builders ([builders.co.za](http://builders.co.za)).



**Q:** What colour paint was used on the exterior of the home on page 52 of your March 2017 issue? – *Lize Bekker, Kimberley*

**A:** Duraklad Exterior paint in Sandbar; it's available from Ultraline Paints ([ultraline.co.za](http://ultraline.co.za)).



**Q:** Where can I find pendants similar to the ones on page 24 of your November 2016 issue? – *Tilla Justus, Welgemoed*

**A:** These Fisherman's Hat pendants are from Eurolux ([eurolux.co.za](http://eurolux.co.za)) – you can't buy directly from them, but any lighting store can order them for you.



## A furniture makeover with paint!

Hannelie Liebenberg writes I have a dark brown fabric lounge suite and I can't afford to have it reupholstered. In your December 2016 issue, I read about the Engelbrecht family who painted a couch using Annie Sloan paint. I think it's a great idea but have no idea how to go about it. Please help.



→ **Annie Sloan of Annie Sloan paint replies** It's a difficult task to paint a couch; you need to water down the paint so that it's not too thick. You're actually dyeing the fabric rather than painting it. You can either

use a spray bottle or dilute the paint to make a 'dye wash' and brush it straight on.

You will be able to cover roughly 13m<sup>2</sup> with 1L paint. You should be able to apply 1-2 coats, depending on the thickness of the application and the colour of the paint and surface. Use 1-2 coats of wax afterwards to seal it properly; be sure to wait 24 hours in-between coats.

Not all fabrics are suitable – many synthetic blends won't absorb the paint well, or are treated with fire-retardant finishes. When painting upholstery, it's best to stick to smaller pieces that are firmly upholstered in natural fabrics such as cotton or linen. A dining room chair is perfect. Test an inconspicuous area first to be sure that the paint will take and give you the desired effect.

**CONTACT** anniesloansa.co.za >>



We love... the Annie Sloan Napoleonic Blue that was used to give this patio suite a new lease on life.

## Weekend project

Organise your herbs and spices with a handy rack.

## ALCOLIN PROMOTION

### Materials

- 22 x 44mm planed pine, cut to four 350mm lengths, or according to the size of your drawer, with the ends at 45° angles (frame)
- 6mm plywood; 350 x 350mm in size (base)
- 19mm quarter rounds, cut into three pieces of 305mm (partitions)
- Alcolin Ultra Wood Glue



1



2



3

**1** Glue the four sides of the frame at right angles to each other with Alcolin Ultra Wood Glue. **2** Attach the base to the bottom edge. **3** Turn the rack over and position the quarter rounds as follows: one at the top in the corner so that the tops of the uppermost row of spice bottles can rest against it, the second one for the bottles to stand on, and the third just below it to serve as the resting place for the tops of the bottom row of bottles. Secure with Alcolin Ultra Wood Glue.



Visit [www.alcolin.com](http://www.alcolin.com) for product details or call the Sticky Questions Helpline toll-free on 0800 222 400 for expert advice.

Find us on Facebook

YouTube



# Stash it or trash it?

## What's cookin'?

*Michelle Janse van Rensburg of Vaaloewer writes* Our stove, marked with the date 1938, is in good condition; how much is it worth?



→ **Inge Beck of Ashbey's Galleries replies** This is a vintage electric stove originating from Detroit, Michigan. Detroit was once

the 'Stove Capital of the World' and the Michigan Stove Company exhibited the first electric stove at the Chicago Exposition in 1893.

**CIRCA** 20<sup>th</sup> century

**VALUE** R2 000 – R4 000



## Hot stuff

*Judi Muller of Alberton writes* I received this fire extinguisher some 40 years ago; is it valuable?

→ **Inge Beck replies** This is a Boyd copper and brass vintage fire extinguisher, highly sought-after by firefighters and collectors. However, there are safety concerns when it comes to vintage fire extinguishers, as they can contain one or a mixture of more than 100 different chemicals. It is prohibited to sell fire extinguishers containing the chemical tetrachloride, which is highly toxic.

**CIRCA** 20<sup>th</sup> century

**VALUE** R3 000 – R5 000

**CONTACT** [ashbeysgalleries.co.za](http://ashbeysgalleries.co.za)

**Note** These fire extinguishers are no longer SABS approved; they can't be serviced but they can be deactivated. Visit East Rand Fire Extinguisher Service & Sales (011 975 6224), Dumela Diamond Fire ([fireservice.co.za](http://fireservice.co.za)) or Combat Fire ([combatfire.co.za](http://combatfire.co.za)).



## JJ's corner

### Flaming flower

*Ronel Coetzee of Vaalpark, Sasolburg writes* I received this vibrant flowering plant as a gift; can you tell me what it's called?



→ **JJ replies**

This is the indigenous bulbous plant *Scadoxus puniceus*, also known as the fireball or paintbrush lily.

### Spots of bother

*Rachel Simpson of Kokstad writes* I'm struggling to kill off a swarm of brightly coloured grasshoppers and locusts in sections of our garden. They eat everything they can get hold of and are slowly destroying the garden I've been coaxing out of a farm wilderness. Please help!



→ **JJ replies** Grasshoppers and locusts can be quite pesky! I suggest that you try Karbaspray by Efekto. You can dilute the Karbaspray in water as directed on the bottle and spray onto the affected plants; this should have them under control in no time! 🏠

**CONTACT** JJ van Rensburg is a horticulturist at Garden World in Johannesburg; visit [gardenworld.co.za](http://gardenworld.co.za).



Listen to JJ's gardening tips and tricks on Derrick Gardner's show *Brekfis met Derrick* at 07:40 every Saturday on RSG.





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MEMBER







# Animal antics

*Baby, it's cold outside...*

Compiled by Beatrice Moore-Nöthnagel  
(and her Beagle, Frodo)

## Warm as toast

Ellie the knitted elephant keeps kitty cosy.

– Carla Hauman, Bloemfontein



## Leave me be

Scottish Terrier Charlie has found his place in the sun.

– Marguerite van der Merwe, Faerie Glen

## New on the market

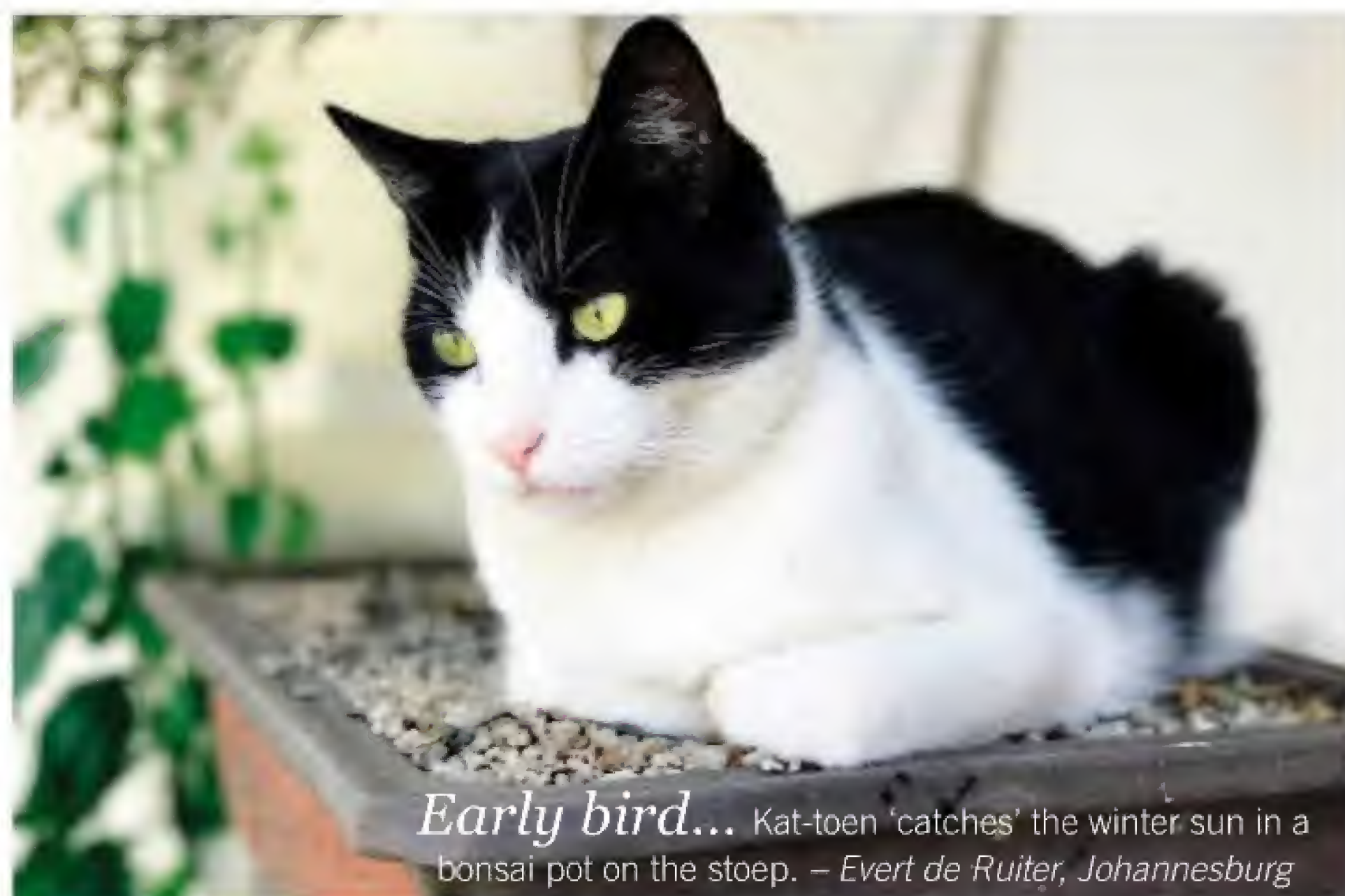
With the Catit Design Senses Grass Garden Kit (R460, [shingavet.co.za](http://shingavet.co.za)) you can grow nutritious grass indoors – a great idea if you live in an apartment. Grass is a natural source of fibre known to aid a cat's digestion and help prevent hairball build-ups. It's a safe and green way to great health for every cat!



**Cold as ice** Misha the Beagle and Levi the Schnauzer love a good frolic after a hailstorm. – Danita Els, Bloemfontein







*Early bird...* Kat-toen 'catches' the winter sun in a bonsai pot on the stoep. – Evert de Ruiter, Johannesburg



*The road is long...*

Rescued farm dog Olaf is all dressed up for his trip to town. – Henriette Neethling, Stellenbosch

### Bring it in

Peanut and Mayo know the best way to keep warm.

– Talitha Grobler, Somerset West



### Q&A

## Osteoarthritis in pets

*John Myburgh of Johannesburg writes*

I have an older Labrador cross; he loves going for walks and chasing hadedas but lately he has started lagging behind and it looks as if his right hind leg may be causing him pain. What could the problem be?



→ Dr Guy Fyvie, veterinary advisor at Hill's Pet Nutrition South Africa, replies

These are classic signs of osteoarthritis, the most common cause of chronic pain in dogs. Osteoarthritis is damage and inflammation of the joint and surrounding tissue,

which causes pain, possible swelling and reduced mobility. Joints naturally 'wear out' with age; the situation is made worse by excess weight or even hip or elbow dysplasia, which can go undetected for years.

Other signs include difficulty in rising from rest (especially when cold), climbing stairs and negotiating tricky terrain. Snappy or grumpy behaviour may also manifest as the dog tries to avoid painful contact – take note if there are kids or boisterous pups around!

Take your dog for a full check-up; surgical intervention may be required, but 'treatment' usually boils down to helping manage pain and improving mobility. Dog-specific anti-inflammatory medications that provide pain relief and a special diet can also make a big difference. Eight out of 10 owners report that their pet is walking, playing and rising more easily after being fed Hill's Prescription Diet j/d, the only food clinically proven to improve mobility in as few as 21 days.

Any excess weight puts additional strain on the joints, so it's crucial to maintain correct weight. Hill's Prescription Diet Metabolic + Mobility combines the benefits of weight loss and joint health.

Physiotherapy and/or hydrotherapy can be beneficial; ask your vet to refer you to a rehabilitation centre. You can also do gentle massage and use warm (not hot) packs at home. Moderate, low-impact daily exercise is important – continue regular walks or swimming but be careful not to let him jump up and never exercise to the point of pain.

Simple changes to the home environment will help: minimise use of stairs; place food and water within easy reach; put a soft, warm bed in a draught-free area and use anti-slip mats.

Although osteoarthritis can be a debilitating disease, if properly managed your pet can live a happy life. 🏠

**CONTACT** [hillspet.co.za](http://hillspet.co.za)



### WIN!

Each owner whose pet is featured here wins an extra-large Nookie Bag for dogs or a Kitty Castle for cats from Wagworld ([wagworld.co.za](http://wagworld.co.za)). Available from leading vet and pet shops, the machine-washable Nookie Bag is a treat for any pet that loves to burrow or hide, while the Kitty Castle provides a quiet place for contemplation or a vantage point from which to survey the kingdom. Send your pics (at least 2MB each) and contact details to [pets@homemag.co.za](mailto:pets@homemag.co.za) – you could be a winner too! See competition rules on [page 128](#).

*Proudly South African!*





Adorn		Annoy		Steal from		Biting remark		Echoed		Cave "Got it!" (1,3)	Beautiful perennial flower (7,4)		
								Curved bone					
		Bovine Figure		Assessment year (abbr)		Narrative writing							
Perform Black	Prohibit		Competent Not yes					Afternoon drink					
					Tribunal	Following Morning (abbr)					Clear	Pasta sauce Exhausted	Rhenium (symbol)
Fuss	Which-ever			Oil				Male offspring		Dis-courage			
			Dwellings Natural talent						Think up				
Gem-stone	Ache	Not close Indefinite article				Speck Greek letter				Filth By way of			Secure
				Increase			Emerge		YouTube uploads				
Iron deficiency Atop							Ventilated Church festival					Otherwise	
		Accepted (inf)			Senior	Preserve Caco-phony					Order form (abbr) Halls		
Fragrant flower								Astatine (symbol)	Ogle				
				Complete						Defeats	Fire residue	Strange	Sheltered side
				Food plan				Leave	Christmas song				
				Affirmative answer									
							Alter ...			Flank			
				Vintage					Tint				



## WIN! An Alcolin hamper worth R1 200!

Alcolin has a range of quality wood glues, adhesives and sealants to help you do the best DIY jobs in and around your home. Their toll-free Sticky Questions Helpline (0800 222 400) offers assistance in any sticky situation and you can also check out their product training videos on YouTube. For weekend inspiration and more hamper giveaways, visit the Alcolin Facebook page or go to [www.alcolin.co.za](http://www.alcolin.co.za); Alcolin products are also available at hardware outlets nationwide.

**The reader who sends in the first correctly completed crossword drawn will win an Alcolin hamper worth R1 200!** See our competition rules on [page 128](#).

Send the completed crossword, and your details, to **Home Crossword #103**, PO Box 1802, Cape Town, 8000, or scan in your completed crossword and email it to [competition@homemag.co.za](mailto:competition@homemag.co.za) to reach us by 30 June 2017.

Name ..... Address .....

Postal code ..... Tel. (h) ..... Tel. (w) ..... Email .....



# WIN

Eight lucky readers  
will each get a  
Le Creuset hamper  
worth R5 175!



Inspired by the vivid colours, fragrant aromas and exotic flavours of spices, Le Creuset's new cookware collection, Colours of Spice, will reinvigorate your kitchen. From Petite Bowls to Indian Condiment Jars, this enticing range will add the finishing touch to any recipe.

**EACH HAMPER, WORTH R5 175, CONSISTS OF:**

- 1 x Le Creuset 26cm Signature Round Casserole
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- 1 x Le Creuset Classic Salt Mill (20.5cm)
- 1 x Le Creuset Indian Condiment Jar
- 3 x Le Creuset Petite Bowls

For more information, call 0861 177 3321 or visit [lecreuset.co.za](http://lecreuset.co.za).

### *Top quality cookware*

For almost a century, Le Creuset has been recognised the world over for cooking excellence and an attractive rainbow palette of colours. The various ranges of premium-quality cookware offer all the flexibility you need for a wide variety of recipes, allowing you to cook with the unsurpassed beauty and performance for which the brand is renowned.

### HOW TO ENTER

**SMS** the keyword **LECREUSET** followed by your full name, physical and/or postal address and email address to 33406 (each SMS costs R1.50).

**CLOSING DATE** 30 June 2017



**Competition rules** 1 The judges' decision is final and no correspondence will be entered into. 2 Prizes are not transferable and may not be converted into cash. 3 Please supply your residential address if possible. 4 Staff members of Media24 and the sponsors and their immediate family members may not enter. 5 The competition is open to readers in South Africa only. 6 Any incidental costs are not included in the prize. 7 The closing date is 30 June 2017 and no late entries will be accepted. 8 By completing any details or providing these details you give us permission to communicate with you via these channels. 9 Delivery of prizes takes six weeks after notification.





**Who lives here?**

Marcus Smit, his dad Ben,  
two Schnauzers, Luka  
and Flicka, and greyhound Kiku

**WHERE** Grabouw

**SIZE** 5 000m<sup>2</sup>



# IN PERFECT harmony

Architect Marcus Smit's garden has been specially designed to blend seamlessly with its surroundings.

By Marié Esterhuyse • Photographs Greg Cox/bureaux.co.za





#### [ ON GOLDEN POND ]

The garden is mostly flat, except for the slightly higher area by the pond. The table and chairs nestled among the shrubs offer a beautiful view over the water towards the house. The edge of the pond is planted up with red-hot poker (*Kniphofia*) in the foreground and bloodroot (*Wachendorfia thyrsiflora*) and river pumpkin (*Gunnera perpensa*) in the background – these provide a wonderful display in large groups.

The pond was built in a spot where Marcus discovered a huge hole after he'd bought the property. The pond is topped up with water from a borehole, plus grey water and rainwater collected in tanks from the 400m<sup>2</sup> roof.

"Grabouw's summers are relatively short and the climate is cool, so there's little evaporation from the pond," says Marcus. "We also use its water for irrigation; the borehole is only used if the weather is very dry. But the good thing about an indigenous garden is that it needs little water. There are only a few plants – like some of the plectranthus – which are quite thirsty."



**Marcus Smit has given the plants in his Grabouw garden carte blanche to grow as wild as possible. And, he says, the further they are from the house, the wilder they grow!**

“I bought this property in 2005 and started the garden in front of the house a year before the house was even built,” he says. “This was only possible because the house is right at the back of the property so the construction work didn’t affect the development of the garden.”

Landscape architect Albert Venter designed the garden and also took care of its layout and the planting. The property was initially overgrown with pine and wattle but all the wattles were removed along with about half of the pine trees. The pine trees that remained provide welcome shade, while those on the street side give shelter from the westerly sun. They also ensure a measure of privacy.

Together with a large bluegum and some fynbos shrubs, these were the only plants retained from the original vegetation – the rest of the garden was then planted to be in harmony with the future house. The plants, especially the endemic ones which thrive in the sandy soil, self-seed and are left to their own devices. This gives the garden a natural look and creates an informal, unspoilt feel.

“Because the garden is so wild, it requires little maintenance,” says Marcus. “The scale of the garden makes this ‘untidiness’ seem natural. It’s not a highly-manicured garden; if it becomes too overgrown, we lift the excess self-sown plants and give them away. We also do a bit of pruning from time to time. The sandy soil does need plenty of compost, so we replenish it constantly. On the other hand, some of the plants, such as the proteas and other fynbos, prefer poor sandy soil so we leave it just as it is around these plants. Pine needles serve as a natural mulch and also provide a good surface underfoot.” >>



**Informal pathways wind between the pine trees and natural vegetation; these paths change their shape as new plants come up. Marcus prefers the garden further away from the house to look as natural as possible.**

A piece of lawn in the centre of the garden leads up to the living room and covered stoep. The rest of the garden evolved around this central lawn. Large clusters of aloes and agapanthus add structure to the garden. Marcus says mass plantings are essential to balance the informal and natural areas that constitute the major part of the garden. They also serve as an architectural link between the house and the garden.





Marcus and his two Schnauzers, Luka and Flicka, relax on the furnished stoep leading out to the garden. Dune aloes (*Aloe thraskii*) and *Aloe lutescens* (on the right) are used as accent plants in pots. "Slate floors – both indoors and outdoors – are so practical because they're easy to clean and are not slippery when wet. I really love the look," says Marcus.






The secluded garden *isn't visible from the neighbouring* property, ensuring that the house has all the privacy we need. – Marcus

The living room and kitchen flow out onto a large stoep where a cosy dining area is shaded by towering trees. A tickey creeper (*Ficus pumila*) softens the low walls and sides of the concrete bench. >>







Marcus says he's always on the lookout for succulents to adorn various outdoor nooks because of their exceptional aesthetic simplicity. "I'm not a succulent expert but I can't resist these plants! I'm always discovering varieties I've never seen before and I instantly add them to my collection." In this section of the garden, a variety of plants in terracotta pots have been placed on a bed of gravel where they can also be seen from the house – a bit of landscape art that serves as an eye-catching focal point.

If space allows, *try to design your garden* so that it forms a cohesive whole with your house. – Marcus



The lacy foliage of silver sericea (*Ursinia sericea*) adds interest to the garden – it also bears pretty yellow blooms from September to February.





Marcus's garden is an integral part of the house. The front stoep looks out over the pond and the natural garden among the pine trees.



Two walls screen off the driveway at the back of the house, guiding visitors up the pathway through a shady part of the front garden towards the front door. Marcus – with the help of his dad and a few friends – created the inlaid mosaic tiles on the path.

It's wonderful sitting somewhere in the garden with a glass of good Elgin wine. *And, of course, playing with the dogs and swimming in the pond in summer!* – Marcus

### Marcus's favourites

- **White stinkwood** (*Celtis africana*) I have wonderful memories of this beautiful tree from my childhood. I love its attractive bark, bright foliage and the fact that it's deciduous so it changes with the seasons. In summer it provides shade, in winter the sun filters through the bare branches and in autumn its foliage turns the most gorgeous yellow.
- **Aloes** After many years spent travelling our country's dirt roads, I have discovered so many varieties of this plant. Aloes require little maintenance and are so striking. While not all of them do well in the cold and wet Grabouw winters, the krantz aloe (*Aloe arborescens*) thrives here. When it is planted in large groups or as a hedge, as often seen on old farms, it looks most impressive during its winter flowering season.
- **Plectranthus** These low-maintenance plants are great for shady spots in the garden and they bloom spectacularly! My interest in them was sparked when I chanced upon Ernst van Jaarsveld's book *The Southern African Plectranthus*. 🏠

CONTACT Albert Venter [albert@edenisland.sc](mailto:albert@edenisland.sc)



This stone statue on the front stoep, entitled "Sitting and Standing", is by Angus Taylor.





# BUILD A GARDEN WALL AT HOME



An attractive garden wall enhances the appearance of a home and adds value to the property.

## SAFETY

The first step in planning any DIY building project is safety. Although cement is a commonly available product, it is still important to take sensible handling precautions:

- Always wear protective clothing, boots, gloves and safety glasses because cement can irritate your skin
- Wash cement off skin immediately with water and mild soap
- Thoroughly rinse eyes with drinking water to remove any cement dust

## YOU WILL NEED

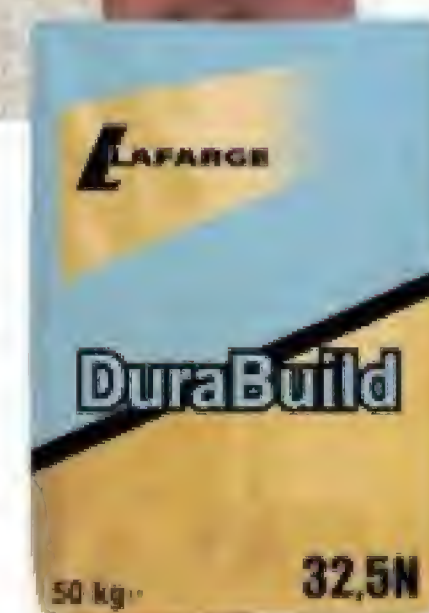
### TOOLS

Shovel, wheelbarrow, spade, pick, rake, builder's line, builder's square, steel pegs, trowel, wooden float, straight edge, spirit level, plaster haddock and a back wash brush

### MATERIALS

**The traditional way:** DuraBuild cement, washed plaster sand, river or crusher sand, 13 mm or 19 mm stone, drinking water supply, concrete bricks or blocks, brick-force, and damp course membrane. (NB. Plaster sand will be for mixing mortar and plaster, while river/crusher sand will be for mixing concrete.)

**The new, no fuss way:** For maximum convenience, minimum mess and less wastage, order your concrete, mortar and plaster in the LafargeHolcim EkhayaBag. Premixed and ready to use without any further mixing, the 500 litre bags of product will be delivered to your property.



## FOUNDATION

- ✓ Mark out where wall will be built and clear all organic matter such as grass and tree roots
- ✓ Dig a trench 250 mm x 250 mm for a wall of approximately 1,5 m high
- ✓ Mix concrete using one part by volume (e.g. a full builder's wheelbarrow = 2 x 50 kg bags of cement) of DuraBuild cement with 2,5 parts of stone and 2,5 parts of sand or, simply use EkhayaBag loads of concrete
- ✓ Make the trench damp but without any puddles of water, and fill it with concrete
- ✓ Allow the concrete to cure for at least 7 days (keep the concrete covered and damp)

## THE WALL

Assuming you have decided to build with concrete blocks or bricks and have a plaster finish:

- ✓ Mix a mortar using 1 part of DuraBuild cement\* to 6 parts of plaster sand, or use EkhayaBag premixed mortar
- ✓ Position the damp proof membrane and use brick-force at every 5th course
- ✓ Do not wet concrete units when laying them
- ✓ Allow an expansion joint approximately every 3 metres along the wall and support the joint with an inner pillar
- ✓ Mix plaster using one part cement: 6 parts sand or, for convenience and consistent quality results, use EkhayaBag premixed plaster
- ✓ Pre-wet the wall before plastering

\*Remember, a builder's wheelbarrow holds 2 x 50 kg bags of cement

# WELL DONE!

You are now the envy of your neighbours.

For more details and building tips visit [www.lafargeholcim.co.za](http://www.lafargeholcim.co.za)





Marié Esterhuyse

# Desert roses

Everyone loves these cheerful, versatile succulents.

By Marié Esterhuyse • Photographs Francois Oberholster  
Styling Melissa Rautenbach

Even if you're not a fan of succulents, echeverias are sure to steal your heart!

With their pretty rosettes of blue-grey leaves, echeverias make a wonderful addition to any garden. They originate from Mexico and Central America, both of which experience harsh climatic conditions similar to certain parts of South Africa. Echeverias are easy to grow, drought-tolerant, make a great statement when planted in large groups, work well as waterwise groundcovers and are perfect for pots. Apart from their striking foliage, they also bear small flowers on slender stems carried above the foliage.

Plant echeverias in well-drained soil in full sun or semi-shade. When the soil dries out, water them well but the soil must not stay damp; wait until it has dried out completely before watering again and try to avoid pouring water on the leaves. Echeverias seldom need extra fertiliser.

Echeverias are widely available at nurseries, with many different varieties from which to choose.

## Growing tips

### In groups

Avoid planting echeverias singly in beds or rockeries; they will get lost among the other plants and won't be shown off to best effect. They are best grown in large groups. On the other hand, a single specimen makes a lovely statement in a small pot.

### In pots

Echeverias look good in containers but make sure you use a porous terracotta pot that will allow any excess moisture to escape. This will help the soil to dry out more quickly, which the plants prefer. Arrange a row of smaller pots with one plant in each as a focal point or plant a group of them in a bigger pot – an urn-shaped pot is ideal as the stems will cascade over the edge. With minimal effort, these plants always look good.

### From cuttings

Echeverias grow easily from cuttings. Even a leaf that falls to the ground will form roots and make a new plant. They also propagate easily by forming new plantlets next to the mother plant; leave them as is to form large clusters of plants or carefully break off the new stalk and plant it elsewhere.

If you're keen to propagate lots of new plants, break off leaves at the point where they attach to the stalk. Make sure they break off cleanly, including the little nub where it was attached to the parent stalk – this is where the new plants will form. Place the leaves in the shade for a day to seal their wounds so they won't rot. Then place them on top of well-drained soil in a container, making sure the nub touches the soil. Keep the soil moist but not wet, or the leaf will rot. Water twice a week; this is sufficient. The leaves will form roots and pretty soon you'll have lots of new plants! 🏠

## Plant guide

Common name Echeveria

Botanical name

Echeveria hybrids

✓ Full sun to semi-shade

✓ Moderately frost-resistant

✓ Waterwise

✓ Wind-resistant

✓ Grows up to 15cm tall

*Echeverias are perfect for a rockery, in pots on a patio or as a mass planting in your garden.*





**Sources**

*Gardening with Keith Kirsten* by Keith Kirsten;  
*The South African What Flower is That?* by Kristo Pienaar;  
guide-to-houseplants.com





# Walk this way...

A garden path is so much more than just a route between your front gate and front door. It's also a design element that adds depth – and texture – to your garden. Four experts offer their advice...

## Our experts



### **Neville Orsmond**

of Create a Landscape in Pretoria, well known to *Home* readers, has 12 years' experience in garden design.



### **Petro Jacobs**

of Petro Landscaping in Cape Town was a teacher before she started doing garden design.



### **Sarah Stevens**

is a horticulturist and landscape designer from Port Elizabeth.



### **Sharon Walker**

of Sharon Walker Designs in Bloemfontein is head of the Sharon Walker School of Gardening and co-author of *Making Sense of Garden Design*.

## SLATE

**Slate** is a wonderful surface for garden paths, says Petro. It's a natural product and is available in different shapes, sizes and colours. Remember, however, that it's thinner than pavers, so it can easily crack or break if the ground is not levelled properly beforehand.

By Maryke Roberts

Photographs Francois Oberholster and supplied





### GRAVEL

**Gravel** is ideal in gardens where drainage is a problem because it allows the water to soak into the ground, says Neville. "It's also an excellent security measure as you can hear someone walking on it."

Petro's advice is to combine gravel with pavers to make the path easier to traverse. "If you go for this option, cover the soil with weed barrier fabric before laying the pavers and fill the spaces in-between with gravel – this will prevent a weed problem later." She says that if you combine gravel and pavers, it's wise to edge the path with bricks or pavers so that the gravel doesn't end up in your flowerbeds.

However, Sarah cautions that gravel is not always the best option. Walking on it with bare feet is painful, dogs may dig up the stones, and if the path is on a slope, the gravel may be washed away. >>



## BARK CHIPS, PIPS AND TREE ROUNDS

Bark chips and apricot and peach pips are good organic options because they eventually decompose into compost. But pips, like gravel, can also be a problem if you and your kids like to walk barefoot through the garden.

Petro prefers tree rounds to create natural pathways in informal gardens. "They are softer underfoot and children can run on them quite happily," she says. "Just make sure the rounds aren't thinner than 10–15cm. They will last for several years but in a very damp environment, their lifespan is shorter."

### [ STRAIGHT OR WINDING? ]

Petro says that this will depend on the look you want to create. Winding paths work better in natural, informal gardens and straight paths are better suited to contemporary designs and formal gardens.

However, it's a matter of taste, says Sarah. "I prefer straight paths as I find them easier on the eye, regardless of the style of the garden."

Sharon says the path's purpose is another important consideration: "If people need to move from point A to point B, they will find the shortest route – whether this is through your rose bed or across your lawn. Therefore, a path that runs directly between the two points is often the best option."



## SLEEPERS

**Sleepers** are one of Petro's favourite materials. "They work especially well on a slope and because they are thick and heavy, they can also be used as steps." However, Petro only uses them in fynbos gardens and natural, indigenous gardens, not in contemporary or formal designs.



## [ SIZE COUNTS ]

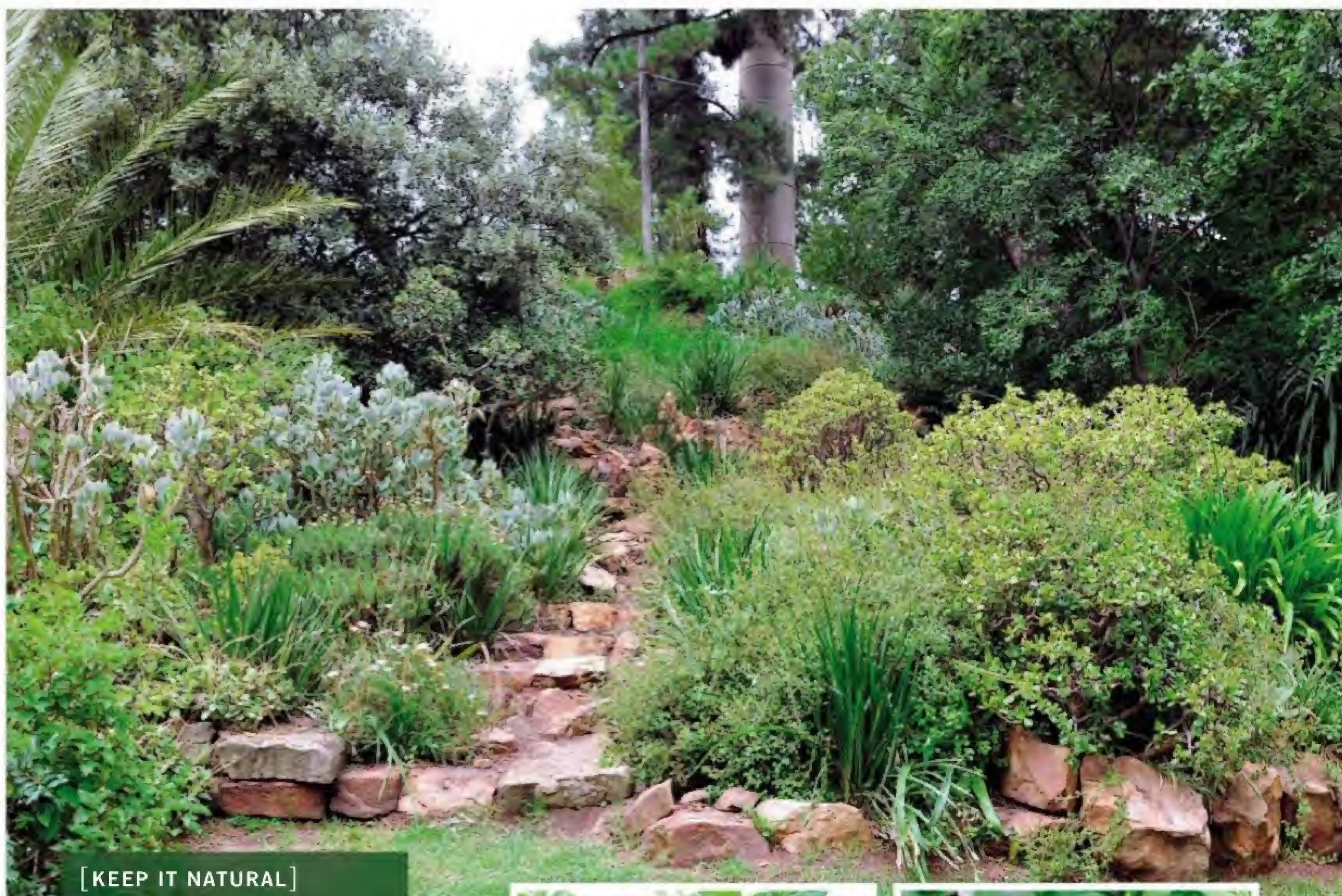
There are three proportions to consider when laying a path: the width, the size of the pavers and the distance between the stepping stones.

"Leave enough space for two people to walk side by side on your path," says Sarah. "And if you use pavers, sleepers or tree rounds, make sure that a man wearing a size 12 shoe can walk with ease; the best distance is about 18–20cm apart. This is far

enough for even a child to step easily but not too close to make walking uncomfortable for adults."

Petro says that any stepping stone less than 400mm is too small. "A path should be 900–1 200cm wide; this is especially important if older people will be using it – you need to ensure that someone will be able to walk next to them to provide adequate support." >>





### [KEEP IT NATURAL]

Petro loves natural stone for a sloping garden. "It can be embedded in the ground to provide a surface to walk on, with larger rocks in-between as stepping stones," she says.

If you're keen on the natural look, avoid using poles or other types of edging along your pathways, says Sharon. Rather choose soft plants for a more organic feel.

If you live in an area that gets lots of rainfall and have a lush, healthy lawn, you could try creating a fun 'pop-up' pathway. Sharon explains: "Allow your grass to grow a little longer and then simply cut a path through it with your lawnmower. Allow the grass at the edge to grow a little longer. Children especially love these paths and the uninterrupted greenery makes a pretty picture. This type of pathway is both easy on the eye and underfoot, and it requires very little maintenance."

### Plants for pathways

Consider growing these plants in-between or along garden paths:

**Between pavers** Oregano, silver carpet (*Dymondia margaretae*), pennyroyal, wonderlawn (*Dichondra repens*), thyme

**Next to the path** Lavender, sedge (*Carex* spp.), agapanthus



Oregano



Pennyroyal



Lavender



Agapanthus





## What about Fido?

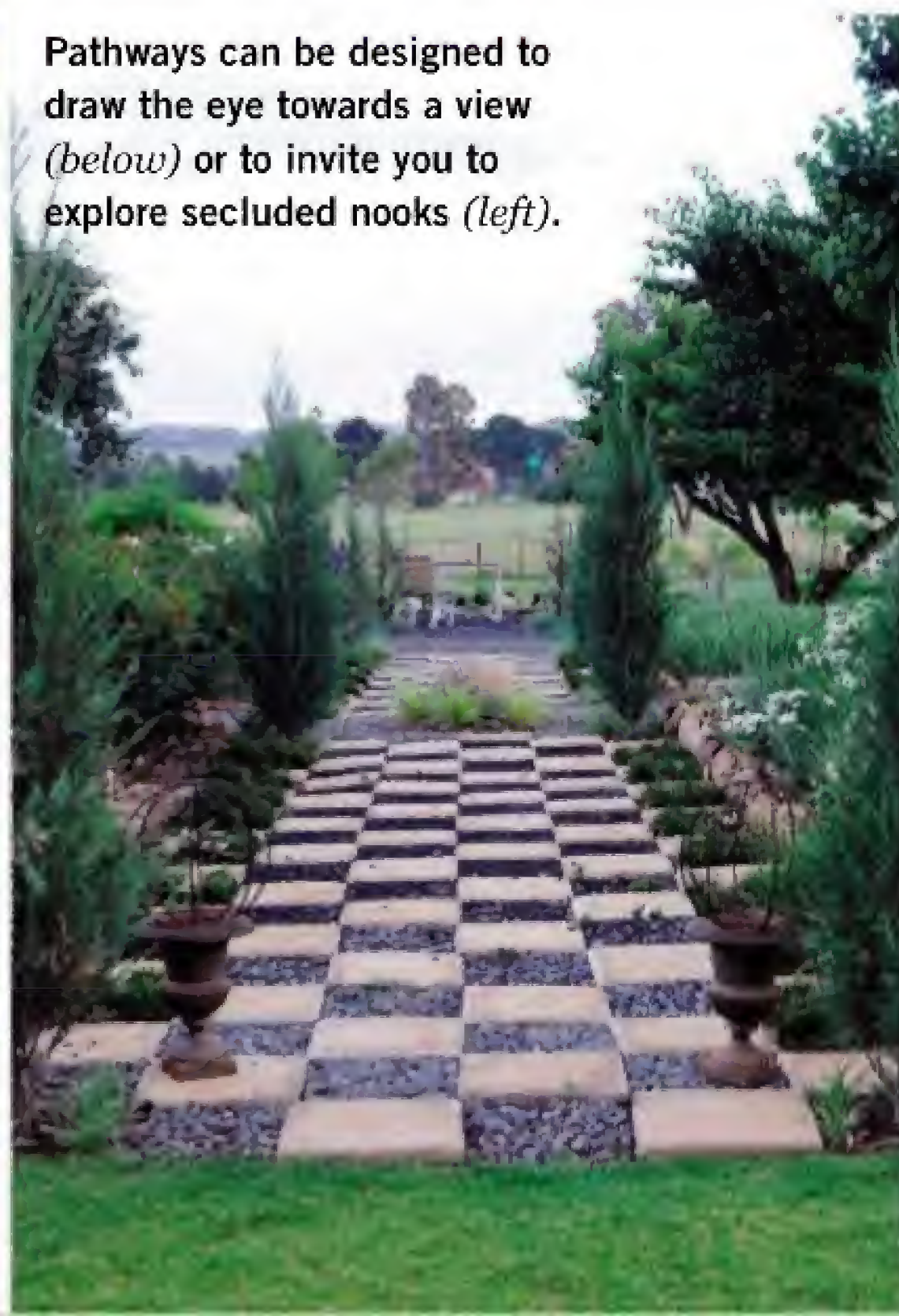
If you have dogs that like to run around outside, keep this in mind when you choose the materials for your pathways, especially if you decide to use bark chips, says Sharon. Rather plan a bark chip path further away from the stoep or living areas, otherwise your pooches will keep bringing them into the house in their paws.

Dogs like to run along a front fence or wall to interact with other dogs in the street. To prevent them from trampling your garden in the process, create a narrow path along the front boundary. It can be an ordinary sand path shielded by plants on one side so it can't be seen from the house. Alternatively, use bark chips – if the dogs do scatter them, they will simply land in the beds and eventually decompose.

The clever use of indigenous plants and traditional cobblestones in this garden makes for a striking garden path.



Pathways can be designed to draw the eye towards a view (*below*) or to invite you to explore secluded nooks (*left*).



## TOP TIPS

Take these factors into consideration when planning your garden paths:

### Neville

- The path should complement your garden as well as the style of your home.
- It should be easily accessible, especially for guests with high heels, walking sticks or prams.
- Make sure you have a non-slip surface that doesn't turn into a safety hazard when it rains.
- A path is functional: it allows movement in your garden and it demarcates different areas. But it can also add interest to your garden: try placing a hidden bench somewhere along the path, for example.

### Sarah

- Take a fresh look at your garden paths and get creative! I have even used shells and mosaic chips for pathways.
- Always keep the function of the path in mind. If it's going to carry lots of foot traffic, needs to be wheelchair-friendly or must be suitable for pushing wheelie bins or wheelbarrows over it, a paved surface is the best option.

### Petro

- Garden paths add an extra dimension to the garden. They not only provide accessibility but can also add an element of surprise.
- The garden as a whole should be in harmony with your home and there should be a strong visual link between your indoor and outdoor spaces – make sure your pathways complement the overall look.

### Sharon

- Pavers are not the only option – combine different surfaces in different sizes and shapes to make it interesting. But remember that practical considerations must always outweigh aesthetic preferences.
- Before you start, make sure the ground is level and that the flowerbeds on either side slope slightly away to prevent the path from becoming muddy when it rains. If you already have a path with this problem, edge it with a low-growing groundcover that will block the muddy water. 🏠

## CONTACTS

**Neville Orsmond** 084 294 0025, [createalandscape.co.za](http://createalandscape.co.za)

**Petro Jacobs** 082 775 1344, [petrolandscaping.co.za](http://petrolandscaping.co.za)

**Sarah Stevens** 072 377 2480, [sarahstevens@absamail.co.za](mailto:sarahstevens@absamail.co.za)

**Sharon Walker** 051 451 1174, [sharonwalkerdesigns.co.za](http://sharonwalkerdesigns.co.za)





# Garden diary

*Even though it's winter, your garden still needs attention, especially if you're in a frost-prone region.*

Compiled by Gillian Eva \* Photographs Francois Oberholster and supplied

## Tip of the month

Clean and sharpen secateurs, loppers and saws in preparation for next month's pruning.

Invest in a pair of heavy-duty gloves as protection from thorns.

## Tasks for June

By Kay Montgomery

### 1 Plants for cold gardens

If you live in a very cold region of the country, don't despair, there are plants that will thrive in your garden:

- The indigenous dogwood (*Rhamnus prinoides*) is frost-hardy, with shiny evergreen leaves and small red berries.
- Frost-hardy *Hellebore orientalis* hybrids begin to flower in early winter. These long-lived evergreen perennials have fan-shaped leaves and slightly pendant green, pink, wine or white flowers, many with delicate spotting. Hellebores need rich, but well-drained soil and dappled shade in summer.
- Add annual colour to cold winter gardens with alyssum, dianthus, Iceland poppy, vygies, ornamental kale, pansy, *Primula malacoides*, stocks, snapdragon and viola for edging paths, and in pots, hanging baskets, window boxes and rockeries.
- Conifers make excellent windbreaks in cold winter gardens with some changing their coats of summer green to gold and bronze.

Ornamental kale



Dianthus



Snapdragon





## This month ...

- Keep gutters and downpipes clear of leaves and debris, especially in the winter rainfall region.
- Make sure shallow-rooted and newly planted trees and shrubs are staked and secured with ties to prevent damage from wind.
- Control the growth of vigorous climbers in trees and over arbours, as their weight can break branches and timber frames.
- In summer rainfall areas, mulch plants to retain moisture.
- Keep a lookout for yellow and black caterpillars that tunnel into the leaves and bulbs of nerine, clivia and amaryllis. Spray with Margaret Roberts Biological Caterpillar insecticide.
- Scrub birdbaths to remove algae and ensure they are always filled with fresh water.
- Prevent fires in dry winter areas by growing aloes and succulents that have a high year-round moisture content and minimal leaf litter and are less likely to burn. In high-risk areas, do not use flammable material such as pine needles as mulch. Instead, use a sterile medium such as gravel.
- In the summer rainfall region, midwinter is a good time to construct or make repairs to pergolas, ponds, walls and water features. Check for loose paving, broken edges and uneven surfaces on paths and steps, and repair or re-lay them where necessary.
- Water pot plants when the surface soil is dry. Make sure that water penetrates to the root area. Dormant pot plants should be given an occasional watering so that they do not dry out completely.

Remove leaves and debris from ponds and water features.



Cover frost-tender plants.



## 2 Frost bite

Most inland areas of South Africa experience some degree of frost. The Highveld, KZN Midlands and part of the Karoo have winter night temperatures below 0°C with the heaviest frosts (-16°C) occurring in the eastern Free State. Frost pockets can also occur in milder regions. Follow these tips for protecting your garden from frost:

- Cover frost-tender and semi-hardy plants with horticultural fleece; it doesn't need to be removed, so sun and water will still be able to reach the plants.
- A thick layer of organic mulch around plants will protect their roots from frost damage.
- Water early in the day, as any moisture left on leaves can freeze on very cold nights.
- Do not cut back frosted foliage, as this protects the crowns of plants from further bouts of frost.
- Wait until the beginning of August to prune roses to avoid possible frost damage on new growth.

## 3 Father's Day

If your dad is an enthusiastic gardener or outdoorsy type, here are some ideas to spoil him on Sunday 18 June:

- If he likes a particular plant family, such as aloes, he'll enjoy a visit to an aloe nursery.
- For dads who have limited time to work in the garden, a robotic lawnmower will be a hit.
- If he needs a quiet retreat, he'll appreciate a bench in a secluded corner of the garden.
- Bird lovers will enjoy having a weeping sage (*Buddleja auriculata*) in their gardens. Its sweetly-scented, tiny cream, orange or lilac flowers attract butterflies and insects, which in turn lure insectivorous birds. >>







**Thymus hybrid**

## Herb of the month

### Silver thyme

(*Thymus hybrid*)

Silver thyme is a decorative garden plant which bears white flowers that are relished by honey bees.

**How to grow** Tiny green and white, fragrant leaves with small white flowers in summer make this thyme a good groundcover, especially under roses. It is also ideal along the edge of walkways or in containers. Silver thyme prefers light, well-drained soil and once established needs infrequent watering. It is hardy and will grow through winter.

**Tip of the month** Silver thyme stimulates the growth of neighbouring plants and its aromatic leaves repel aphids.

**Did you know?** Thyme makes a great tea and has more to offer than just the taste. It is full of antioxidants, can help to increase Omega-3 fatty acids and contains minerals and vitamins that are essential for optimum health. **Note** Don't drink the tea for more than a week as it may influence iron absorption.

**Uses** Ideal for flavouring carrots, potatoes, tomatoes, baked or sautéed vegetables (especially mushrooms and baby marrows). Use when slow-cooking beef, chicken, game, lamb, pork, or add to butters, cheese and egg dishes, salad dressings, sauces, soups, stews, stuffing, vinegars and marinades (especially for olives).

**CONTACT** [healthyliving-herbs.co.za](http://healthyliving-herbs.co.za)

## Know your invasive plants

*Each month, we feature a plant that has become invasive in SA and which you may encounter in your garden or neighbourhood.*

**Lantana** (*Lantana camara*) is an untidy, spreading shrub which can grow 2m or higher. Also known as tickberry or cherry pie, lantana is grown as an ornamental plant and for hedging. All seed-producing species or seed-producing



**Lantana**

hybrids that are non-indigenous to South Africa are classified as invasive. Lantana bears multicoloured pink, red, crimson, orange, yellow or white blooms in compact flower heads from September to April and spreads by means of seed dispersal. The leaves are dark green and hairy above and paler below and can cause skin irritation. Lantana bears glossy green fruits which turn purplish-black. The plant is a problem in the Western Cape, Eastern Cape, KwaZulu-Natal, Mpumalanga, Limpopo and North West.

### Invasive status

Category 1b invasive plant, which means that it must be removed from your property to avoid prosecution.

### Why is it a problem?

The entire plant is poisonous to humans and animals and is responsible for livestock mortalities amounting to millions of rands every year in South Africa. For more information, go to [invasives.org.za](http://invasives.org.za).

## Indoor plant of the month

### Peperomia

There is something very inviting about the rumpled, velvety leaves of *Peperomia caperata* that makes you want to stroke them! This long-lasting foliage plant that sends up wands of creamy flowers looks wonderful in a shallow bowl.

Plants are available in various shades of green, deepening to maroon or with lighter pinky-red leaves. To make the most of their rich colours, place them where the light picks up their hues and texture. They are happy with medium light, but not direct sunlight. Keep the soil moist but don't let it become waterlogged as the plant will wilt and die. Likewise, the soil shouldn't dry out completely. A good idea is to place pebbles in the bottom of a 15cm-deep container and cover with water. Group several plants, each in an individual pot, on top of the pebble bed, but not with



the pot base in the water. From spring to autumn, feed monthly with a liquid fertiliser to encourage new leaves and repot only when the plant has outgrown its container.

**CONTACT** [plantimex.co.za](http://plantimex.co.za)







# Ludwig's rose corner

*Rose guru Ludwig Taschner provides remedies for roses with yellow leaves and tells you how to make the perfect rose bed.*



**Q: I live in Cape Town and my 'Clocolan' rose has a heavy infestation of what I believe is spider mite. I was considering pruning it to strip off the diseased leaves. Is it too early?**

→ To correctly identify the problem, rather take samples to our Wynberg branch at Chart Farm, Klaasen Road for identification and remedial action. If it is caused by red spider or, more likely, by thrips, pruning now would result in new leaves but if the pest is not eradicated, the new leaves will be immediately infected again. Do not prune back but spray with Milbeknock for red spider, or Plant Care for thrips. Repeat the Milbeknock in a week's time to eradicate newly-hatched mites. For thrips, spray when new growth emerges to protect it.



**Q: I water and fertilise my roses regularly but their leaves are yellow. What is wrong?**

→ Yellowish leaves with green veins means the plant has an iron deficiency and the roots are unable to draw up iron from the soil. This happens if the soil is too alkaline or compacted, which causes soil microbes to die due to the lack of oxygen. Aerating the soil can solve the problem but it's better to wait until next month to do it properly after you have pruned. Dig in plenty of organic material to a depth of 30cm, sprinkle Vigorosa over the area and water in well.

## Rose tasks by region

**Summer rainfall** Reduce watering to once a week, and maintain a healthy leaf cover by spraying with Chronos or Rose Protector to prevent black spot.

**Cape coastal** If the winter rain has started, maintain healthy leaves by spraying twice a month with our cocktail (Chronos, Ludwig's Insect Spray, Spray Stay) or Rose Protector.

Don't worry to spray those that have lost their leaves; pruning is around the corner.

### Lowveld and KwaZulu-Natal coast

The late rains should have boosted new growth and basal stems that will produce quality blooms. Water regularly, fertilise and spray (as above) to prevent pests and black spot.

## Raise your game

The ideal soil for growing roses is sandy loam with a minimum depth of 50cm and good drainage. Yet many gardens are on rocky slopes or in swampy areas that don't have good drainage due to heavy soil or because a thin layer of soil disguises the building rubble below. Solve this problem by creating rose beds that are at least 30cm higher than the lawn or normal garden level. In an existing garden, that means taking out the roses, raising the bed and replanting the roses at the correct depth. June is the best time to do this as the roses are dormant and their roots will not be stressed.

### How to make raised beds

- Water the roses the day before so that the soil is moist and easy to dig over.
- Cut roses back by one-third and label them because you're likely to cut off any flowers that will help to identify each bush later.
- The next day, cut the roots of the rose by pushing the blade of a spade into the ground in a full circle around the bush, about 20cm from the centre of the plant. Carefully remove the rose from the soil and place it in the shade.
- Dig over the top layer of the new rose bed to the depth of a spade blade, about 30cm.
- Add sand, gravel, suitable sandy top soil and organic material such as compost, bark chips or peanut shells and mix with the original 30cm loosened top soil. Mix it really well by digging it over a few times.
- Before the final digging over, sprinkle Vigorosa or Vigolonger and superphosphate or bone meal over the surface and mix it into the loosened soil which should now have a lovely spongy feel. The surface of the bed should now be raised a good 30cm.
- To prevent run-off from rain or irrigation, create an edging for the raised bed. Various materials can be used: bricks, stones, wooden poles and concrete half-rings. Groundcovers such as violets are also a good idea as they'll keep the soil in place. 🏡





# On the bone

They say the sweetest meat is closest to the bone – it's time to put that theory to the test!



***Oven-roasted T-bone  
with wine sauce***  
Recipe on [page 110](#).


By Johané Neilson  
Photographs Francois Oberholster





*In Archbishop Emeritus Desmond Tutu's words: "I like T-bone steaks because they are the same shape as Africa." For this reason, thanks to its shape, you could argue that the T-bone is more South African than any other cut of steak. – Jan Braai, The Democratic Republic of Braai*





## Oven-roasted T-bone with wine sauce

Make the rich sauce while the steak is in the oven. If you'd prefer, this generous cut of meat can be slow-cooked over the coals.

**Serves 4**

**Preparation time: 35 minutes**

**Cooking time: 1 hour 30 minutes**

**Oven temperature: 140°C**

- 10ml whole coriander, crushed
- 15ml mustard powder
- 5ml each cumin and cayenne pepper
- a sprig of rosemary
- about 20ml sea salt flakes
- 1 T-bone steak (1.5kg)

### RED WINE SAUCE

- 150g beef bones (make sure there is at least one marrow bone)
- 3 shallots, chopped
- 1 large carrot, peeled and chopped
- 2 stalks celery, chopped
- 250ml red wine
- 750ml homemade stock (or marrow bone broth, [see recipe on page 116](#))

**1** Grind the spices, rosemary and salt with a mortar and pestle until well blended and aromatic. Score the fat of the steak without cutting into the meat and rub the steak well with the seasoning. If you have time, place the meat uncovered on a wire rack in the refrigerator the day before (but remember to let the meat reach room temperature before you cook it).

**2** Preheat the oven. Heat up a thick-based pan and sear the meat, fat-side first and then on both sides until golden brown and a nice crust forms. This sears the meat in its own fat so you won't need to add any oil. Transfer the meat to a roasting pan and roast for about 1 hour in the oven. The meat will be rare with a nice pink colour. If you have a meat thermometer, check that the meat's internal temperature is 50°C. (If you like your meat more well-done, roast it for longer.) Remove from the oven, cover with foil and allow to rest for 10 minutes before carving.

**3 Make the sauce** Place the bones in the same pan in which the T-bone was seared and fry until golden brown. Stir in the chopped vegetables and fry until caramelised. Stir in the wine and reduce the liquid by half; this step is very important so that the alcohol can evaporate, otherwise it will overpower the sauce. Stir in the stock and simmer until the sauce is thick and glossy. Remove the marrow from the bone and melt it into the sauce. Pour the sauce through a sieve, season to taste with salt and pepper and keep warm. This makes about 200ml sauce.

**4** Cut the meat off each side of the T-bone and cut into 1.5cm slices, each with a piece of fat. Serve with the red wine sauce and crispy thick-cut potato chips.





## *Gin chicken*

Flavoured gin, such as the new ClemenGold Gin with citrus and spice flavours, is not only delicious in cocktails – if you can spare a little, it's also great in this tasty chicken dish.

**Makes 4 generous servings**

**Preparation time: 20 minutes**

**Cooking time: about 1 hour**

**Oven temperature: 180°C**

- 4 chicken leg quarters • 250ml gin
- 50g Serrano ham • 30ml honey
- 3 sprigs thyme • 5ml mustard seeds
- 4 large carrots, peeled and quartered
- 2 red onions, peeled and cut into wedges • 4 whole garlic cloves
- 60ml pomegranate rubies

**1** Rub the chicken with salt and pepper and marinate for 1 hour in the gin; turning occasionally.

**2** Wrap a slice of ham around each piece of chicken. Drizzle with honey and sprinkle with thyme and mustard seeds; arrange the chicken pieces with the carrots, onions and garlic in an ovenproof dish. Add the gin in which the chicken was marinated, then roast until the chicken is

golden brown and cooked through.

The duration will depend on how big your portions are – check after 45 minutes; if the chicken is very brown, rather cover with a lid or foil and bake for a further 15–25 minutes. The chicken must be tender. This sweetly-flavoured dish looks even better with a sprinkling of pomegranate rubies. Serve it on a bed of couscous, creamy polenta or mashed potatoes. >>





**1 Make the harissa** Roast the peppers over an open flame (or under the grill) until the skin is charred and place them in a folded plastic bag to “sweat” until cool enough to handle. Then scrape off the skins and place the flesh in a food processor along with the rest of the harissa ingredients, except the oil. Add the oil gradually and pulse to form a coarse paste.

**2** Rub about 60ml of the paste on the chops and marinate for about 30 minutes at room temperature.

**3** Heat the oil in a thick-based pan and brown the chops on both sides. Add the rest of the harissa (plus a dash of water if it starts to burn) and simmer until the meat is cooked the way you like it. Serve the meat and sauce with basmati rice sprinkled with almonds, dates and coriander.



## *Harissa lamb chops*

Harissa paste is basically a spicy combination of red peppers and chillies, crushed with spices, garlic and oil; it originates from Tunisia. This paste, like pesto, adds a bit of zing to many dishes, from salads to grilled favourites. If you're short on time, I recommend you buy ready-made harissa paste.

**Serves 4 • Preparation time: 40 minutes**  
**Cooking time: 45 minutes**

- 8 lamb rib chops
- 15ml oil
- cooked basmati rice, to serve
- 100ml flaked almonds, toasted
- 3 dates, chopped
- fresh coriander

### **HARISSA**

- 2 red peppers (about 200g)
- 3 soft sun-dried tomatoes
- 1 red chilli, deseeded
- 1 clove garlic
- 4ml salt (or to taste)
- 3ml each coriander and cumin
- 1 dried chilli (or to taste)
- a pinch of sugar
- 15ml fresh lemon juice
- 5ml smoked paprika
- about 45ml olive oil







Shin bone

### *Lamb and kidney pie*

Making a pie is quite time-consuming but so worth it. The extra bones are optional but will enhance the rich sauce – and you'll be able to prop a shin bone upright in your pie to allow the steam to escape, like we did.



## Lamb and kidney pie

Makes 4 individual pies

Preparation time: 1 hour

Cooking time: 4 hours

Oven temperature: 160°C & 180°C

- 300g smoked pork rashers, cubed
- about 30ml olive oil
- 1kg lamb neck and knuckle (more meat than bone)
- about 300g lamb bones (optional)
- 30ml flour
- 15ml mustard powder
- a pinch of cayenne pepper
- 1 large leek, the white part chopped
- 15ml tomato purée
- 330ml cider
- 250ml meat stock
- 2 sprigs oregano • 2 bay leaves
- 300g lamb kidneys, cleaned and cubed

### PASTRY

- 420g (750ml) self-raising flour
- 5ml salt • 5ml sugar
- a pinch of dried thyme
- 150g butter, at room temperature
- 250ml buttermilk

**1** Preheat the oven. Fry the pork in 15ml oil until golden brown all over. Spoon into an ovenproof dish, reserving the fat in the pan. Roll the lamb in the flour, mustard and cayenne pepper and fry with the lamb bones in batches until well browned. Add to the pork in the ovenproof dish. Add the leeks and tomato purée to the pan and stir; add the cider. Cook for a minute, scraping any bits off the bottom of the pan. Pour the pan contents and the stock over the meat in the ovenproof dish, add the oregano and bay leaves; cover and bake in the oven for 3 hours.

**2** Debone the roasted meat and spoon back into the sauce. Fry the kidneys in the remaining olive oil until brown and mix with the pie filling. Season to taste with salt and pepper and spoon into the pie dishes.

**3 Make the pastry** Sift the flour, salt and sugar, add the thyme and rub in the butter until the mixture resembles coarse breadcrumbs. Add the buttermilk and cut with a butter knife (like when you make scones) until the mixture comes together. Turn out and knead the dough briefly without overworking it; it need not be completely smooth. Press onto a floured surface until it is 7.5mm thick and cut out circles. Cover the pies with the pastry lids, brush with a little milk and bake for about 25 minutes at 180°C until golden brown and heated through.

## Eisbein and bean soup

Fresh lemon lifts the flavour of this nostalgic favourite. Remember, don't add salt at the beginning of the cooking time because it prevents the beans from softening; season at the end.

**Serves 6**

**Preparation time: 30 minutes, plus soaking time overnight**

**Cooking time: 4 hours**

- 250ml speckled beans, soaked overnight in cold water
- 250ml white beans, soaked overnight in cold water
- 30ml olive oil
- 1 onion, chopped
- 2 large carrots, peeled and chopped
- 2 stalks celery, chopped
- 2 cloves garlic, crushed
- 1 large (about 500g) Eisbein
- 300g smoked pork bones (*see tip*)
- 2 bay leaves
- a sprig each oregano and thyme
- about 2L water
- 80g flat-leaf parsley
- fresh lemon juice

**1** Heat the oil in a large saucepan and sauté the onion, carrots, celery and garlic until soft and glossy. Drain the beans and

add them, along with the meat and bones, bay leaves, oregano and thyme, to the sautéed vegetables and cover with water (about 2L, but use your discretion). Bring to a boil and simmer slowly for three hours until the meat falls off the bone and the beans are soft. Regularly skim off any foam that forms on top of the soup.


**2** Remove the meat and bones from the soup and allow to cool slightly. Use a potato masher to mash the beans – this helps to keep some texture in the soup and you can judge how chunky you want it. Otherwise, use a stick blender.

**3** Flake the meat and add it back into the soup along with the parsley, lemon juice and salt and pepper to taste.

*Tip* I discovered this ingredient at Food Lover's Market; it adds an extra smoky flavour to the soup. If you struggle to get them, you can use ordinary pork bones or simply leave them out. >>







When the winter winds are  
howling, *there's nothing more  
delicious and more satisfying than a  
bowl of soup with homemade bread.*  
Winter soup is more a stew than  
anything else, *it is thick, filling and  
hot and makes life a little better.*

– Riana Scheepers,  
Vallei van Melk en Heuning





## Marrow bone broth

Bone broth is extremely popular among followers of the low-carb lifestyle. Vickie de Beer, author of the bestselling *My Low Carb Kitchen*, introduced me to it. Food prepared on the bone is good for your digestive system and many other ailments and joint pains; it also promotes healthy hair, skin and nails. Here's a basic recipe for a rich meat stock that you can eat as is or enhance with other ingredients to make a filling meal.

- 1kg beef marrow bones, cut into rounds
- about 1kg stewing beef on the bone
- 2 onions, quartered
- 3 leeks, coarsely chopped
- 3 large carrots, scrubbed and cut into 2cm pieces
- 4 celery stalks, cut into 2cm pieces
- 1 whole garlic, halved (optional)
- about 3L water
- 45ml tomato paste
- 3 allspice peppercorns
- 5ml whole black peppercorns
- a few sprigs thyme
- 4 bay leaves
- 15ml apple cider vinegar

**1** Preheat the oven to 220°C and roast the meat and vegetables together for about 20 minutes until well browned and caramelised. You can also add colour to the veggies on a griddle pan – it all contributes to the flavour of your broth.

**2** Pour the contents of the roasting pan into a large pot and cover with water. Add the tomato paste, spices, herbs and vinegar and bring to a boil. Reduce the heat to low and simmer with the lid open just a crack for at least 8 hours. Skim off any foam that forms on top and discard. Dietician Sally-Ann Creed cooks her broth for 24 hours – it's your choice. If you like, you can skim off some of the fat and keep it in the fridge to fry vegetables instead of using butter.

**3** Pour the broth through a sieve – it is delicious as is with a little salt and pepper.

**Variation** Flake any meat off the stewing bones and add to the broth. Stir in a tin of chopped tomatoes, a handful of spinach and some of the reserved vegetables. Serve with a marrow bone or two per portion. Dumplings made with ground biltong go well with this broth or you can add stir-fried vegetables such as baby marrows, shredded cabbage or whatever takes your fancy.





## Baked marrow bones with toast

Whether you think this recipe is weird or wonderful, it's quick and easy to prepare and very trendy.

**Serves 6 as a starter • Preparation time: 20 minutes • Baking time: 30 minutes**  
**Oven temperature: 200°C**

- 3 x 20cm long beef marrow bones, cut in half lengthwise (ask your butcher) • salt and freshly ground black pepper
- ciabatta toast

Preheat the oven. Pack the bones snugly in a roasting pan and season well with salt and pepper. Bake for 20–30 minutes until the marrow is soft and caramelised. Serve immediately, one per person, as a starter with thin slices of toast. The marrow spreads like butter.

### Choose one of these accompaniments:

- 1 Sprinkle **biltong shavings** on marrow-smear bread – it tastes divine!
- 2 Make a quick **herb sauce** by crushing a handful of flat-leaf parsley, 5ml lemon zest, about 15ml lemon juice, 10 capers, 2 anchovy fillets and a pinch of garlic with about 40ml olive oil. Season to taste with salt and pepper and drizzle over the cooked marrow bones for a pungent herb flavour.
- 3 Mix 60ml **coarse breadcrumbs** with 30ml grated **Parmesan cheese** and a pinch of chopped fresh rosemary and sprinkle this over the bones before baking them in the oven – it will form a lovely crunchy crust. ↑

1. Biltong shavings

2. Herb sauce

3. Breadcrumbs  
& Parmesan cheese



# We've got supper sorted!

Four easy meals with a bit of a kick.



By Johané Neilson  
Photographs Francois Oberholster



## Rice soup with bacon

Under R85 • Makes 4 generous servings  
Preparation time: 20 minutes • Cooking time: 20 minutes

- 30ml olive oil
- 200g bacon, chopped
- 250ml jasmine rice
- 1 onion, chopped
- 1 garlic clove, finely chopped
- 1 red chilli, chopped
- 3ml each ground cumin and paprika
- 1.2L chicken stock
- 1 tin (410g) tomatoes
- 1 tin (410g) corn kernels, drained
- 1 red pepper, finely chopped
- 30ml balsamic vinegar
- fresh coriander (optional)

**1** Heat the oil and fry the bacon until crispy. Spoon it out but retain the oil and sauté the rice in it until all the grains are coated with oil. Add the onion, garlic, chilli, cumin and paprika and sauté until glossy. Stir in the stock and tomatoes. Bring to the boil, reduce the heat and simmer gently for 10 minutes or until the rice is al dente.  
**2** Stir in the corn kernels, fried bacon and red pepper and simmer for a further 5 minutes. Top up the liquid a little if desired but the soup must be thick. Serve as is or garnish with a drizzle of balsamic vinegar and a sprinkling of fresh coriander.

## Baked chicken and butternut

Under R110 • Serves 4 • Preparation time: 40 minutes  
Cooking time: 45 minutes • Oven temperature: 200°C

- 1 small butternut, peeled
- 5ml each cumin and coriander
- 45ml olive oil
- 1 onion, chopped
- 2 carrots, peeled and finely chopped
- 1 red chilli, chopped
- 4 chicken breasts, cut into strips
- 1 tin (410g) mixed beans, drained
- 1 tin (410g) baked beans (tomato and herb flavour)
- 2 rounds feta
- 250ml grated mozzarella cheese

**1** Preheat the oven. Slice the butternut thinly. Season with cumin, coriander, salt and pepper and drizzle with about 30ml oil. Spread it out on a baking tray and roast until cooked.  
**2** Heat the remaining oil in an ovenproof pan and sauté the onion, carrots and chilli together until glossy. Add the chicken and fry until golden and just cooked. Stir in the beans and cook until heated through. Taste the sauce and season with salt and pepper as desired.  
**3** Spoon a layer of cooked butternut on top of the chicken and sprinkle with the cheese. Bake for about 15 minutes or until the cheese starts to bubble.





### *Fish with a tortilla chip crust*

Under R160 • Serves 4 • Preparation time: 10 minutes  
Baking time: 15 minutes • Oven temperature: 180°C

- 4 firm white fish fillets (we used kingklip)
- 110g tortilla chips (sour cream and chives flavour)
- about 45ml sour cream
- 3 pickled jalapeños, chopped
- 15ml fresh chives

Preheat the oven and line a baking tray with baking paper or foil (this makes it easier to clean afterwards). Cut each portion of fish in two equal pieces so that they cook more evenly. Crush the tortilla chips to make coarse crumbs. Spread a layer of sour cream on each piece of fish and press the crumbs on top. Bake for about 15 minutes or until just cooked. Sprinkle the jalapeños and chives on top and serve with coleslaw and fresh lemon wedges.

*Replace the chips with breadcrumbs for a more budget-friendly meal.*



### *Polenta patties with steak*

Under R90 • Serves 4 • Preparation time: 35 minutes  
Cooking time: 20 minutes

- 250ml instant polenta
- 750ml boiling water
- 2.5ml salt
- 5ml baking powder
- 60ml butter
- 45ml oil
- about 200g steak
- smoked paprika
- 1 ripe avocado, peeled, chopped and sprinkled with lemon
- tomato salsa
- fresh coriander
- pickled jalapeños, chopped

**1** Combine the polenta, water, salt, baking powder and 15ml of the butter and bring to the boil. Reduce the heat to low, cover and steam until it pulls away from the sides of the pan – this takes a few minutes. Turn out into a flat, greased ovenproof dish immediately (the layer of polenta must be about 1.5cm thick). Allow to cool slightly until set, then cut into round or square 'patties'.

**2** Pan-fry the steak in a little oil and butter: season with smoked paprika, salt and pepper. Remove and allow to rest. Add another dash of oil to the pan and fry the polenta patties until crispy on the outside.

**3** Slice the steak and arrange it on top of the patties together with the avocado, tomato salsa, fresh coriander and jalapeños.

Serve immediately before it gets cold. 🏠



*In association  
with Hulett's*

# 3 ways with batter

Spoil Dad with a decadent breakfast  
this Father's Day!

*This easy batter forms the basis  
of our three syrupy treats.*

## BASIC BATTER

- 175ml buttermilk
- 30ml oil
- 2 extra-large eggs, separated
- 100g (180ml) self-raising flour
- 30ml Hulett's Castor Sugar
- pinch of salt

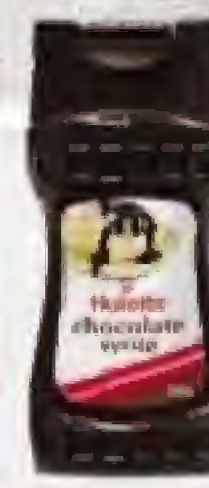
Whisk together the buttermilk, oil and egg yolks. Sift the flour. Whisk the egg whites and sugar together until the mixture forms stiff peaks. Fold the flour and egg white mixture into the batter and allow to rest for 20 minutes.

## 1 Flapjacks with maple bacon

- 8 rashers streaky bacon
- 30ml Hulett's Maple Flavoured Syrup, plus extra for serving
- 15ml olive oil
- 1 quantity basic batter
- oven-roasted cherry tomatoes
- fresh basil or oregano

**1** Fry the bacon in a non-stick pan until almost crispy without adding any extra oil. Drizzle the syrup over and fry until caramelised – be careful not to burn it. Set aside.

**2** Add a little olive oil to the pan and add three large spoonfuls of batter, top each with a piece of caramelised bacon. Fry gently until the surface bubbles, turn over and fry the other side until done. Repeat with the rest of the batter and bacon. Serve bacon-side up with extra Maple Flavoured Syrup, oven-roasted tomatoes and fresh herbs.







## 2 Breakfast muffins

- 1 quantity basic batter • 125ml mixed dried fruit, nuts and coconut shavings • 1 small banana, peeled and sliced

### FROSTING

- 125ml medium-fat cream cheese
- 100ml Huletts Icing Sugar, sifted
- 5ml freshly-squeezed lemon juice

1 Preheat the oven to 180°C. Grease 8 cavities of a muffin pan and divide the batter between the cavities. Sprinkle the dried fruit, nuts, coconut and banana on top of the muffin batter and bake for about 20 minutes, until the muffins are golden brown and a cake-tester comes out clean.

2 Beat together the cream cheese, icing sugar and lemon juice until just combined. Serve the muffins with frosting or Huletts Chocolate Flavoured Syrup, some fresh berries and a generous dusting of icing sugar.



## 3 Choc chip waffles

- 1 quantity basic batter
- 250ml chocolate chips
- Huletts Maple Flavoured Syrup or Chocolate Flavoured Syrup
- fresh mint and coconut shavings

Preheat an electric waffle maker and spray with non-stick spray. Spoon a ladle of batter onto the waffle maker and sprinkle with chocolate chips. Close and cook until golden brown. Repeat with the rest of the batter. Serve the stack of waffles with a generous lashing of Maple Flavoured Syrup or Chocolate Flavoured Syrup, a sprinkling of any leftover chocolate chips and the mint and coconut shavings while still nice and warm.

*Yum! Add a scoop of ice cream to this syrupy treat and you have dessert.*





# *Twice as nice*

Transform ordinary store-bought  
dough into a delicious cross  
between a croissant and a muffin –  
the cruffin!



## Cruffins

Makes 12

Preparation time:

30 minutes, plus about

1 hour resting time

Baking time: 25 minutes

Oven temperature: 180°C

- 750g store-bought dough

### FILLING

- 250g butter, softened
- 45ml icing sugar

## Did you know?

A cruffin is a true hybrid and has its roots in the "cronut" – a cross between a croissant and a doughnut; it was created by chef Dominique Ansel in New York in 2013. A year later, Mr. Holmes Bakehouse in San Francisco popularised the "cruffin" – these days you even get "brioughnuts" (from brioche and doughnut). To make proper croissant dough is time-consuming but Mandy Lee of the blog [ladyandpups.com](http://ladyandpups.com) had the bright idea of using a pasta machine to achieve the delicious layered texture of a real croissant, which significantly simplifies the task of making these cheat cruffins.



**1** Make sure the dough is at room temperature. Flatten it with your hand and cut it into 6 equal pieces. Whisk the butter and icing sugar together until the butter is light and spreadable. Get your pasta machine ready to use. **2** Set your pasta machine to its widest setting and roll all 6 pieces of dough. Use a little flour if necessary to prevent it from sticking. Now roll all six pieces through the second widest setting, then the third, and continue in this fashion

until the second last setting. Our pasta machine has 7 settings and we rolled it through until setting number 5. The dough must be thin but not unmanageable.

**3** Dust off any excess flour from the rolled-out dough with a brush. Divide the butter between the 6 strips of dough and spread it over the dough with the back of a spoon or your fingertips.

**4** Roll up the dough tightly with the butter layer on the inside.



**5** Gently stretch each short, fat roll of dough to make it longer and thinner by working it with your fingers into a sausage shape. Using a sharp knife, cut the dough sausage in half lengthwise. Roll each of these halves, with the cut side outwards, into a bud shape and place them in the greased cavities of a giant muffin pan. Repeat with all 12 dough strips. **6** Cover the 12 cruffins loosely with cling film or a clean tea towel and let them rest in a warm place to rise until they've doubled in volume. This takes about 1 hour and is essential for achieving a melt-in-the-mouth result.

**7** Bake the risen cruffins in a preheated oven until golden brown and cooked through (about 25 minutes). Cool on a wire rack.

**8** The cruffins will have the taste and texture of croissants; they are more savoury than sweet and are delicious as is, straight from the oven. But if you prefer, you can also add a dollop of your favourite **custard**, a sprinkling of **icing sugar**, some **fresh berries**, **grated chocolate**, **jam** and **cream** or **lemon curd**. 🍴





# food & drinks

*There's no reason to hibernate this winter – throw a party, visit a wine farm and try out a new ingredient!*

By Johané Neilson • Photographs: supplied



## **Celebrate South Africa!**

*Homegrown* (R330; Jacana Media) by Ultimate Braai Master host and chef Bertus Basson features recipes from his personal and national heritage. Alongside classics like snoek with apricot glaze and tomato frikkadels, other delectable recipes such as charred octopus with gnocchi and nasturtium paste show off his unique take on fine dining.



## *Fast food!*

*Eetrite Aluminium Burger Press*

R169.95, [boardmans.co.za](http://boardmans.co.za)



## *Enjoy a lavish lunch*

Bosjes Kombuis, a new country kitchen restaurant on Bosjes Farm between Worcester and Ceres, offers a simple, modern menu featuring produce-driven fare (we love the trout fishcakes) by chefs Pete Goffe-Wood and Kim Cox. The exterior wall boasts a Tree of Life mural designed by artists Lucie de Moyencourt and Michael Chandler depicting the fauna and flora of the farm and its surroundings. Open for lunch from Wednesday to Sunday; booking is essential. Call 023 004 0496 or visit [bosjes.co.za](http://bosjes.co.za).



## *Family fare*

Gordon Ramsay has teamed up with his daughter Matilda to develop a new range of healthy and delicious convenience foods for kids. Made exclusively for Checkers and aptly named "Oh My Goodness!", the tasty meals come in five flavours (R29.99 each) and you're guaranteed your money back if your little one doesn't approve. Visit [checkers.co.za](http://checkers.co.za).



## *Layers of flavour*

Harvested from old dry vineyards in the Paardeberg and Darling regions, the Kleine Zalze Cellar Selection Cinsault 2016 (R67 at the cellar door) is described by cellar master Alastair Rimmer as an elegant wine with exceptional depth of flavour. The bouquet includes violets, lavender, red fruits and berries; go to [kleinezalze.co.za](http://kleinezalze.co.za).





### Go gourmet

Witlof, also known as Belgian endive or chicory leaf, is now available in SA all year round! With its crisp texture and sweet, mildly nutty flavour, you can enjoy this tasty vegetable raw or cooked. Classic combinations include wrapping the heads in ham and baking them in velvety cheese sauce or serving them in a salad with roasted pear, walnuts and soft goat's cheese and honey. Try it!



### Best of the best

Oude Meester Demant potstilled brandy (from R220) claimed the World's Best Brandy title at the 2017 World Drinks Awards hosted by TheDrinksReport.com in London in April. With an alluring nose of dark chocolate and nutmeg with hints of oak and delicate spice, it's no surprise. Congratulations!

### In the mix

Fitch & Leedes, a superb range of authentic mixers, has come up roses with the launch of its new blushing Pink Tonic (from R36 per 200ml bottle four-pack). With aromas of rose petals and fresh cucumber, it's a perfect fit for delicately crafted premium gins. Try it with Hope on Hopkins Mediterranean Gin (R469, [yuppiechef.com](http://yuppiechef.com)); it's infused with olives, rosemary, thyme, basil and cardamom with citrus notes and hints of juniper. Add one part gin to four parts Fitch & Leedes Pink Tonic and garnish with a sprig of mint.



### Quench your thirst!

Kalahari Craft Beer's Gemsbok Lager and Puff Adder Weiss (from R23.50 each) pay tribute to these fascinating animals. The puff adder thrives in the extremely hot climate while the gemsbok adapts to it with its extraordinary cooling system. Go to [kalaharicraft.co.za](http://kalaharicraft.co.za). 🏠

### Pure 'n simple

Kuro-Bo Activated Charcoal (R215 each) offers a new ecofriendly water-purification solution that helps transform ordinary tap water into toxin-free, mineral-rich water. Simply submerge the hand-cut sticks in your drinking water and off you go! For details and to order, visit [kuro-bo.com](http://kuro-bo.com).



### Let the good times roll!

With a new range of decanters, glassware and ice buckets, @home gives you every reason to get the party started (in style)! Go to [home.co.za](http://home.co.za).





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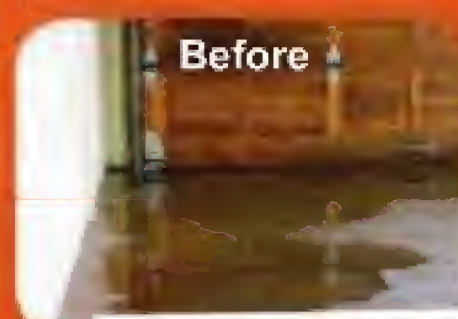
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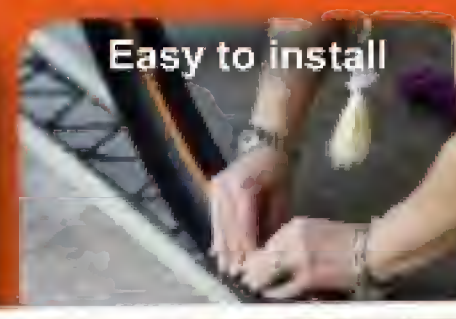
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## Solution to Crossword #101

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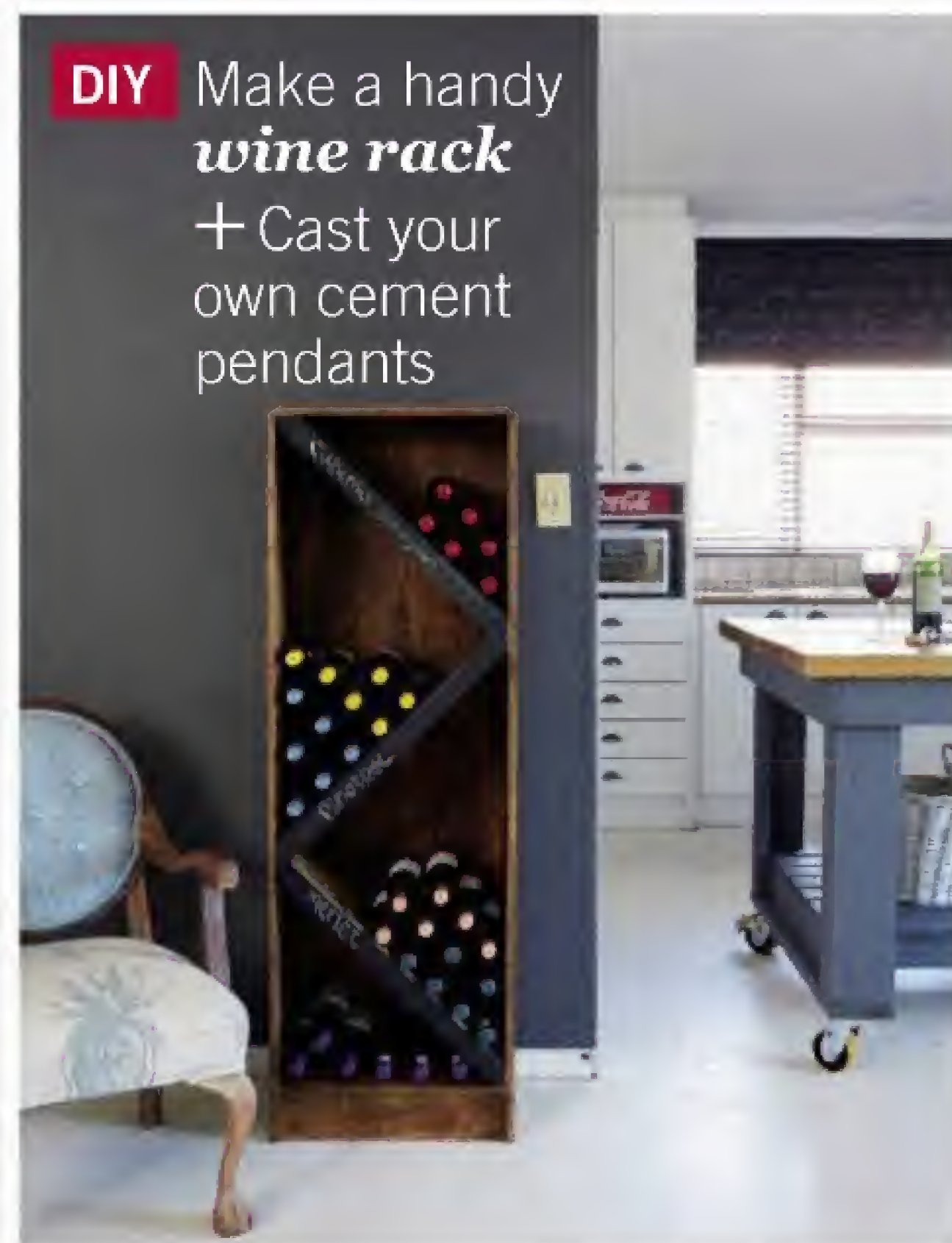


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# A word to the wise

Young people may be smart but true wisdom comes with age – and it has its advantages, says Riana Scheepers.

Recently, an article penned by Tom Goodwin, a young man working in the highly competitive advertising and marketing industry, caught my eye. With much enjoyment, I read his article entitled: “Why I miss old people in the workplace.”

Goodwin wrote about today’s professional world, which obsessively appoints young people to jobs. Youngsters have boundless energy, brilliant ideas and technological skills, all that is essential for success in the business world. In the meantime, the older “dead wood” is trimmed from the workplace. After all, what could an old lady or man in their fifties possibly know about the contemporary world, the fast-paced development of technology, social media and the internet?

This is completely the wrong approach, says this (wonderful) young man. Even though the youth have incredible vision, an abundance of precociousness and brilliant creativity, they also have pretty much no wisdom at all – which most older people definitely do have. A young workforce might be able to provide a company with valuable input from the standpoint of young people, but it is an opinion without context. Goodwin says he misses the gravitas, the business sense and the stability that the older generation possess, which is why he really wants more “elderly” folk in his work environment.

This young man’s views should be applauded.

We all know that 70 is the new 50. Older people are active, involved, busy, fit. And smart. Of course, they are also stubborn and pedantic. Sometimes they are completely irresponsible, but they’re allowed to be, surely? Sometimes the older generation look back on their younger days with nostalgia, but as one old guy once said: when I think about my younger days, I am immediately reminded of high school maths and then I’m content to be where I am now.

I know a wonderful story about the wisdom, or cunning ways, of older people.

As it should, this story plays out in the distant past, at a time when it wasn’t possible to make electronic payments.

One Saturday afternoon, just before closing time, an old man walked into a jewellery store. It’s okay to call him “old” because he was just shy of his 80<sup>th</sup> birthday. Old but definitely not cold, as the saying goes, as well as flamboyant and full of life – because hanging onto this old man’s arm was a young lady. A beautiful lady, actually still a young girl.

She had masses of blonde hair, bright red nails, sky-high stiletto heels. And luscious curves in all the right places. The old man couldn’t keep his hands off her. They entered the store, laughing.

The jeweller enquired if he could help them.

Yes, the old man replied, he’d like to buy a diamond ring for his lady friend.

Ever so professional, the jeweller’s face betrayed nothing. “An engagement ring?” he asked.

“No,” the old man replied, “not an engagement ring; not yet. Just a special gift for a special lady.”

The young girl’s eyes shone. She planted a sultry kiss on his cheek.

Carefully, the man looked through the jeweller’s wares. The diamonds glistened and the prices were astronomical but evidently nothing he saw was to his liking. “Do you perhaps have something more... extravagant?” he asked.

The jeweller opened another drawer filled with very extravagant jewellery. The diamonds weren’t mere stones, but rocks. It was from this drawer that the old man finally made his choice. His young companion’s eyes nearly popped out of their sockets as she tried them on.

The old man turned to the jeweller. He said he realised that now was not the right time to make such a large transaction as the bank was already closed for the weekend. Would the jeweller be so kind as to keep the ring until Monday when the money would be safely transferred? He wrote out a cheque and handed it over.

Of course, said the jeweller.

The old man and his lady friend left the store, all smiles.

On Monday afternoon, the old man returned to the jewellery store but this time without his curvaceous friend.

The jeweller was most unfriendly. “Sir,” he said, heatedly, “the bank declined the cheque you wrote. There were insufficient funds in your account.”

The old man smiled broadly. “I am aware of that, young man,” he said. “But do you realise what an unbelievable weekend I had?”



Riana

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